UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Saturday
February 20, 1948

ATTENTION: Women Broadcasters

A real economy dish is in order on the day when youngsters bring company home for dinner. . . especially if it's a small mob of hungry boys. But any mother who wants to keep her standing with her youngsters' friends will make that economical dish a good one to eat. How does this one sound to fit such a bill? It's Jellied Meat Ring, made with bologna and gelatin, plus other ingredients. And with it we've a menu suggestion that will make junior's friends yours for life.

Government nutritionists recommend that you serve the meat ring with generous portions of peas and potatoes with cheese. And then for dessert, have peppermint stick ice cream. . . and watch the children's eyes sparkle when the ice cream's served.

This is the kind of meal that can be readied early in the day. . . and put on the table in a jiffy when it's meal time. That's why it's our Saturday Peace Plate. . . for Saturday afternoons take so many of us away from the house. Both the meat ring and the ice cream can be prepared in advance. . . and even the potatoes can be cooked early and heated at the last minute. You may have your favorite way of fixing potatoes with cheese. . . but in case you don't, it's easiest to cool, peel and dice them. Then cover with a cream sauce with the cheese added to it. Sprinkle the dish generously with grated cheese. And . . . if this is an early-in-the-day procedure. . . put the potatoes in the icebox. . . and then heat them in the oven just before dinner.

But let's see about the recipe for the Jellied Meat Ring. I told you it was made with bologna. . . and you'll need a pound and a half of this meat, cut an eighth of an inch thick. Then, here are the other ingredients. One package of aspic flavored gelatin. . . one cup hot water. . . one cup of tomato juice . . . one teaspoon of salt. . . one-half teaspoon of sugar. . . one tablespoon

of onion juice. . . one-half cup of chopped cabbage. . . one-fourth cup of diced celery. . . one-half cup of chopped carrots. . . and mayonnaise..

Dissolve the gelatin in water. Add tomato juice, salt, sugar and onion juice. Cover the bottom of an eight-inch ring mold with half of the gelatin mixture. Chill in the refrigerator until it becomes firm. Arrange slices of bologna on the gelatin so they overlap slightly. When the remainder of the gelatin thickens, mix in vegetables and pour over the bologna. Then chill until firm. When you unmold the salad, use a large chop plate. . . and arrange the remaining bologna slices in a fan-shapped circle around the salad. And for a final touch, fill the center of the meat ring with a tossed green salad and serve with mayonnaise. This recipe is large, as you can see, and so it will serve 10.

I don't know how familiar you are with the so-called luncheon meats. . . and, of course, the bologna in this recipe falls in that classification. Clever use of these meats in this age of high meat prices is true economy. Here's a tip to remember about buying luncheon meats. If your purchase is labeled meat it will not contain added cereal. But. . . according to government regulations . . . pork pudding, skinless frankfurters, bologna, salami - - - and none of these are labeled meat - - - may contain as much as three and a half percent cereal. The added cereal is nutritious, of course, but it's well to know that you are buying less meat and that the price is usually lower than on other meats for this reason.

Reserve

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Sunday
February 22, 1948

ATTENTION: Women Broadcasters

America is virtually the land of "chicken every Sunday." In some homes, it's hardly Sunday unless there's chicken for dinner. . . and often there's no chicken dinner unless it's Sunday. Or so it seems to go.

Into this longtime American tradition, our Sunday Peace Plate fits just perfectly. Our Peace Plate has a special air of festivity, too, on this special Sunday which marks the birthday of George Washington. For it's Curried Hen with Carrots. . . and it's a main dish which is really a complete dinner. Served on rice, this Curried Hen needs only a hearty salad and dessert to go with it.

Government home economists say this recipe for chicken should be prepared with a chicken main dish in mind for another meal. If you buy a stewing hen, you'll need only the thighs and breast pieces for the Curried Hen with Carrots. The other pieces will be left for such a dish as Chicken Chop Suey. . . which you might plan for another day. This Peace Plate fits in too with the current abundance of stewing hens on the market. For poultry men are culling their flocks at this time, sending to market the hens which aren't laying enough to pay for their keep. A hen, you know, may eat six to eight pounds of grain in a month. . . and that's the grain we Americans need to save if we're to help feed the hungry in other lands.

For this recipe, let's start with a four to five-pound stewing hen. The first step is to disjoint it and cut into pieces for serving. Then cut white meat from the breast bone, in three pieces. Cover all the pieces and bones with water, add one medium-size onion stuck with cloves, one small carrot, salt and celery leaves to flavor meat and broth, and simmer until tender, about two to four hours. Remove the fowl from the broth and use the three breast pieces and the thighs for the Curried Hen. Then you can save the other pieces for Chicken Chop Suey, or some other good dish. Don't forget to skim the fat from the broth.

And now wouldn't you like to list the ingredients for the Curried Hen itself? You already have the pieces of chicken picked out. In addition, you'll want one-half cup of sliced onion . . . three tablespoons of chicken fat. . . three tablespoons of flour. . . two cups of chicken broth. . . one-fourth teaspoon of curry powder.. . . salt and pepper. . . two cups of cooked carrots. . . and, lastly, two cups of cooked rice. Cook the onion for a few minutes in the fat, stir in flour and add broth slowly, stirring constantly. When thickened, add seasonings and chicken. Then heat. Serve with a border of mounds of flaky boiled rice, alternating with the cooked carrots. With your five pieces of chicken, this recipe is designed to serve five.

You can see that our main dish is a fairly complete meal. But it does require a salad and here's an idea - - prunes stuffed with sharp cheddar cheese and served on shredded lettuce with mayonnaise. And for a traditional Washington's birthday dessert, how about frozen or canned cherries used on red cherry shortcake?

From the idea department, here's another one. For really deluxe chicken curry, you might want to have a relish tray with some delicious tidbits to sprinkle over the chicken and rice. What to put on the tray? Well, you'll agree that any one of these will excite the folks at your dinner table. You might try grated fresh coconut, chopped peanuts, chutney, chopped crisp bacon, tiny circles of fried onion, chopped hard-cooked egg, or just any others that sound good to you. Of course, you'll have to make this relish tray fit your budget and your food supplies.

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Tuesday
February 24, 1948

ATTENTION: Women Broadcasters

From the ocean-fringed Maryland coast, across the wide Southland, into the boundless Texas ranch country, spoon bread is as familiar as the tune to Dixie. It's a dish that northern cooks know only slightly. . . but most of them take quickly to this recipe using cornmeal, once they are better acquainted with it.

Our Peace Plate for this Tuesday features Southern Spoon Bread as the main dish. . . but with a special nutritious topping of cheese rarebit. Here's a combination that may be new even to southerners. At any rate, it's a wonderful conservation idea. . . for the cheese alternates for meat and the cornmeal in the spoon bread takes the place of wheat. And I hardly need mention that both these ideas add up to economy.

This Southern Spoon Bread recipe which I have here to give you is designed to serve four to five. Let me list each ingredient with the amount right after it, starting with milk. . . two and a half cups. Cornmeal, preferably water-ground meal . . . one -half cup. Salt. . . one-half teaspoon. Sugar . . . one tablespoon, - - table fat. . . one tablespoon. Eggs . . . two or three. And, finally, baking powder. . . one-half teaspoon. And here are the directions. Heat two cups of milk in a double boiler. Add cornmeal and stir until thickened. Then add salt, sugar and table fat. Beat egg yolks, add remainder of milk. . . which is half a cup. . . and stir into the mush. Fold in stiffly beaten whites to which baking powder has been added and bake in a greased baking dish in a moderate oven. . . 375 degrees Fahrenheit. . . for 35 to 45 minutes. Then serve with a topping of cheese rarebit. Remember, the recipe serves four to five.

Let's make this a really colorful meal and have scalloped tomatoes for contrasting color with the rarebit. The oven can do double duty this way, too. Then for a salad, what about shredded lettuce with tiny slivers of carrot and celery, plus Russion dressing? Cottage pudding for dessert will complete this meal. . . and the pudding, too, deserves a bright topping of dried apricot sauce. The apricot sauce sounds really delicious to me. . . and it's easy to make. After the fruit is stewed, put it through a coarse sieve or potato ricer. . . . and then sweeten and heat. Fruit sauces are more original than the familiar chocolate and vanilla sauces. . . and they have the special advantage of bringing that fruit flavor into a meal which would be otherwise "fruit-less."

I'd like to put in a word here about the cheese in our main dish. Nutritionists just can't say enough that's good about cheese, especially because it's such a splendid alternate for meat. And almost everyone likes cheese. . . so what more could you ask? Cheese, you know, has many uses in soups, salads, desserts. . . and main dishes. If there's cheese left over from a meal or snack time, it need never go to waste for it fits into so many different dishes.

For instance, you can sprinkle grated cheese over soups, such as French onion soups or mixed vegetable soup. To top a spring salad or a tossed green salad, what better than slivers of cheese? And if there are any cheese fanciers at your table, try blou cheese combined with French dressing to delight them.

UNITED STATES DEPARTMENT OF AGRICULTURE
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WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Wednesday
February 25, 1948

ATTENTION: Women Broadcasters

Cabbage is green and tender when it's new. And now is the time for new cabbage. . . and time to take advantage of its green freshness. And so. . . for this February Wednesday Peace Plate. . . why not Ham Hocks with Vegetables. . . featuring, among other things, new cabbage?

It sounds like a really interesting dish to me. . . and indeed, it's practically an entire meal. . . smacking of that delicious ham flavor that's popular with almost every eater. For serving four, you'll need two pounds of smoked ham hocks, according to this recipe. . . and you know, of course, that ham hocks are an economical buy.

If you're writing down the recipe, remember it's two pounds of smoked ham hocks, plus water to cover. . . then four onions. Six carrots, scraped and cut lengthwise. Four potatoes, peeled and cut in half. . . and one small head of cabbage, cut in four wedges. The ham hocks should be simmered gently until tender, about two hours. Remove the skin from the hocks, and skim excess fat from the broth. Cook together the broth, ham and onions for about 10 minutes. Add carrots and potatoes and cook for about 10 minutes. Then add cabbage and cook only about 10 minutes more. For serving, you can arrange the ham and vegetables on a platter. . . and sprinkle the onions with paprika if you wish.

An economy note for this meal is the ham bone which you'll have left. There are many good uses you can make of the ham bone. It's a good stretcher for various vegetables. . . and, of course, it's good for soups.

But to round out our meal featuring Ham Hocks with Vegetables. . . there ought to be a salad. And here's another place to use new vegetables. . . some of those. . . which like the cabbage. . . are rolling this time of year out of our sunny Southland where the February sun has already warmed the earth to growing temperature. So. . . let's try a relish plate which rosy radishes

and strips of celery, plus some homemade pickles. A horseradish sauce to serve with the ham will be an interesting addition to the meal, also. For dessert, our suggestion is apple sauce with cookies to balance the menu and add more food values that make for wholesome eating.

About the new cabbage now on the market. . . you should guard against overcooking this tender vegetable. When you cut cabbage in strips, it should be done in about five minutes. Or cabbage in wedges. . . like those in the Ham Hocks recipe for today. . . should be done in about 10 minutes. Crispness of this new cabbage is important even when you're planning to cook it. And naturally, it's desirable if the cabbage goes into slaw or salad. So when cabbage comes home from market. . . it should go into the hydrator of the refrigerator if there's room for it.

Cabbage, incidentally, is not one of those sturdy foods crowded with calories. In fact, it's a favorite for those who seek a low calorie diet. When you serve it, therefore. . . it needs to be surrounded with highly nutritious foods on the menu. Just to give you an idea about food value, you get only 30 calories in three-fourths cup of cooked cabbage. . . not much more than you would find in half a pat of butter.

Even so, cabbage has a place on your table. . . and the family will agree at dinner time. . . since it provides a crisp foretaste of other fresh vegetables to come.

UNITED STATES DEPARTMENT OF AGRICULTURE
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CONSUMER DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Thursday
February 26, 1948

ATTENTION: Women Broadcasters

Do you qualify as on your toes when it comes to buying meat? That's one of the most important fields of home economy today. . . and just to brush you up on your meat-buying P's and Q's, we've some specially good suggestions for you right now about purchasing liver.

And, in addition, we've a Thursday Peace Plate recommendation called Liver Pancakes. . . which we promise you can be served for 11 cents a person. But you have to be a clever buyer to reach this low price per meat serving. And here's the clue. . . it's in the buying of beef or pork liver instead of the twice-as-expensive calf's liver. These cheaper types of liver have just as much food value as calf's liver. . . and all liver is a nutritious buy, you know. . . high on the list of any nutritionist's recommended menus. It's true that beef and pork liver are not quite as tender or delicate in flavor but special cooking can overcome these minor disadvantages. And for these savory Liver Pancakes, the beef or pork liver will do every bit as well.

I'm ready with the recipe for these pancakes. . . if you're ready to take it down. It's beef or pork liver. . . one pound. Fat or drippings. . . two tablespoons. An onion. . one, medium-sized. Bread crumbs. . . one cup. Salt . . . one teaspoon. Pepper. . . one-eighth teaspoon. Milk. . . two tablespoons. Eggs. . . two of them. And fat or drippings. . . one-fourth cup.

And now for the directions. Remove the skin and veins from the meat. Cover with boiling water and allow to stand five to ten minutes. Then drain, dry and dredge lightly with flour. Brown liver in the two tablespoons of fat or drippings for about five minutes. Put it through food chopper with the onion. Mix meat, onion, crumbs, seasonings, milk and beaten eggs and beat thoroughly. Drop into hot fat or drippings by spoonfuls. Brown on one side. . . then turn and brown the second side until done. This recipe serves five to six persons.

The suggestion in the pancake recipe of letting beef or pork liver stand in hot water is something to remember. Good cooks usually handle the cheaper types of liver in this way because it helps eliminate some of the more pronounced flavor. Ten minutes is the usual time to leave this liver in the hot water. Then good cooks also believe in grinding these livers for assuring tenderness, just as it's done for the Liver Pancakes. Ground liver goes into a number of good recipes. . . liver croquettes, liver loaf or patties. Braising, another treatment for the tougher meats, is a good way to prepare this liver.

Liver, as we said, gets a high nutritional rating. And that's because of its quality protein and its generous content of vitamin B_2, known as riboflavin. Take any amount of liver and you will find that it contains ten times as much riboflavin as does the same weight of beef.

With all that food value. . . the Liver Pancakes might almost stand by themselves on this menu. But honestly. . . they do call for a vegetable and salad. And menu planners suggest green beans and cole slaw, those old standbys that youngsters and grown-up alike will enjoy. If there are boys and girls with big appetites in your fa mily, serve potatoes too. For dessert, try a chocolate cornstarch pudding, one that you make yourself or one that goes together in a jiffy from a packaged preparation.

UNITED STATES DEPARTMENT OF AGRICULTURE
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CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Friday
March 19, 1948

ATTENTION: Women Broadcasters

Anyone who would lay down the rules for a good clam chowder seats himself right in the midst of a long-raging controversy. The question is. . . whether your clam chowder will feature milk or tomatoes. And the question further is . . . which makes the most successful, the most delicious clam chowder.

On the Boston side of the question is the old New England theory that true clam chowder simply must be made with milk. Down in Manhattan, however. . . the argument goes that canned tomatoes give this chowder the most superior flavor.

Fortunately for us today. . . the fact is that both clam chowders make good eating. We only side with the Bostonians in planning this Friday Peace Plate because the milk base happens to make a heartier main dish. . . for this clam chowder which is the main dish of the meal. And naturally it calls for the most substantial ingredients. Our clam chowder includes some other hearty items designed to make it sturdy as stew. It's just full of clams, potatoes and pilot crackers. . . the large, round, fairly thick variety of crackers so-called because they are popular on boats, where hungry men insist on plenty to eat.

Fortunately, too, clam chowder is a money-saving dish. It uses the crackers, vegetables and drippings to make your seafood flavor go farther. . . not even counting the nutritious milk. Thus our Peace Plate deals kindly with your grocery bill.

And now here's the recipe for New England clam chowder. It's one pint of clams, fresh or canned, depending upon what your market offers. . . one onion, chopped. . . three tablespoons of drippings from salt pork or bacon. . . two tablespoons of flour. . . two cups of boiling water. . . two cups of diced potatoes. . . two cups of milk. . . salt and pepper. . . and chopped parsley.

First, drain and chop the clams and strain the liquor to remove any pieces of shell. Cook the onion in the fat for a few minutes, stir in the flour. . . then

stir in the water, add the potatoes and cook until the potatoes are done. Add the clams which have been heated to boiling in their own liquor. Add milk, salt, pepper and heat until the chowder simmers but does not boil. Sprinkle chopped parsley and pour over crackers. . . and you'll find it makes four generous servings. How, of course, you may add the crackers any way you wish. But it's an old Boston custom to pour the chowder over them.

Incidentally, for a specially hearty clam chowder, here's a version that is good on any day not requiring abstinence from meat. In this recipe, cook one-fourth cup of diced salt pork over a low flame until cubes are crisp. Then use drippings as directed and garnish the chowder with the crisp pork cubes.

A salad that's chock full of food value is all you really need to complete this meal, say government food specialists. They suggest one of cooked, chilled green beans, diced pickled beets and raw cauliflower. . . which certainly provides the vegetables for your meal and a varied way to serve them. An economical dessert might be soft custard with cooked dried fruit, which is now plentiful. Try cooked prunes or peaches, for instance.

You'll be interested in a few added tips on keeping crackers. . . which will help you avoid wasting them. And of course, to"waste not"means to save food and money. When you buy crackers, open them carefully so you don't break them. Store unbroken crackers or those not broken much in a clean, dry, airtight container. . . for keeping out pests and mosture and protection against breaking, as well. Then put the small broken pieces and crumbs into your bread crumb supply. Of course, if crackers get very damp for some reason, warm them over in the oven. . . about 300 degrees Fahrenheit. . . for a few minutes. And don't buy so large a package that you can't use the crackers within a reasonable time.

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Saturday
March 20, 1948

ATTENTION: Women Broadcasters

Entertaining the children's friends at mealtime has an important place in any happy home. . . but that bugaboo of high meat prices does mean a little thoughtful planning to keep your food budget on good behavior if there are several school-age active boys and girls to feed.

And so it is well that even though youngsters do have discriminating tastes. . . they don't always have expensive ones. For they love hamburgers. Hamburgers then are your economical answer for Saturday company. . . especially when they're served with a delicious barbecue sauce like the one we have a recipe for today. And here is a sauce designed to make hamburgers even more popular with the young fry. . .for this one was tried at a Boy Scout camp where the youngsters acclaimed it as highly successful.

Government home economists recommend hamburgers with this barbecue sauce for Saturday's Peace Plate. . . because it is an economy meal and the meat flavor is extended with many other nourishing ingredients. They suggest this really inexpensive way to mix your hamburgers....unless you already have a favorite way of making hamburgers at your house. These directions say to season the meat with all the catsup, onions, horseradish and condiments which suit your taste. Then add one-third cup of uncooked oatmeal and one-third cup of liquid. . . which might be either stock, water or milk. Shape into cakes and fry in drippings.

And then for the barbecue sauce. Here are the ingredients. . . and you'll need to write them down. . . since the list is fairly long. It's one pound of soup bones. . . one pint of cooked tomatoes. . . one-half garlic button . . . one-half bay leaf. . . one-half teaspoon of celery seed. . . one-half teaspoon of sugar. . . two whole cloves. . . one-half green pepper. . . one onion sliced. . . one-fourth cup of vinegar. . . one-half tablespoon of horseradish . . . salt. . . and Tabasco sauce.

Simmer the soup bones in water to cover, with all the ingredients except vinegar, horseradish and salt. The flavor is improved if it is simmered about three hours and allowed to stand over-night in the refrigerator. Then skim off the fat, heat the remaining mixture, remove bones, and strain broth through a sieve. There should be about a pint of liquid. . . and to this add vinegar, horseradish and salt. Heat and add Tabasco sauce to taste. The result should be slightly more than a pint of sauce.

If it's a real picnic dinner. . .whether in or out of doors. . . the youngsters will enjoy fixing their own hamburgers. They can grill the meat while you're readying the rest of the meal. . . although it's well to keep the menu as simple as possible, especially if your picnic is indoors where the children will be working at the kitchen stove. Serve the barbecued hamburgers with hot buns. . . and then try a relish tray with varied selections for sandwich makings--sliced onions, sliced pickled beets, crisp sticks of carrot and celery, and homemade pickles. If you think the meal demands a vegetable, baked corn custard is a good idea. Dessert might be big glasses of milk and generous squares of hot cottage pudding. The pudding will specially delight the children if it has bits of chocolate added to the batter and is sprinkled on top with brown sugar and peanuts.

Incidentally, if you try the baked corn custard. . . it's a good place to put your thriftness to work again. For this is a corn recipe that can use a cream style canned corn which is not as expensive as the whole grain. And, in addition, you can use Grade C corn, truly an economy buy. Grade C, you know, is packed with just as much care in sanitation and is just as valuable nutritionally as Grades A and B. The difference is that Grade A corn is younger and more tender and so the flavor is usually more delicate than in Grade C. But in this corn pudding, other ingredients add flavor and the slow baking assures tenderness. And so if you're grade-wise, corn pudding can be an economy dish.

UNITED STATES DEPARTMENT OF AGRICULTURE
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CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Sunday
March 21, 1948

ATTENTION: Women Broadcasters

The history books don't usually record the fact that the "Gay Nineties" were times of great activity in the kitchen. In those days, when there was company for dinner. . .tables groaned with an amount of food that would feed the modern family for two or three days. Company was honored with not just chicken alone but chicken and ham and some other meats on those far-away Sundays 50 years ago. And it was not just one dessert but several. . .even two or three kinds of cake or pie.

We can all heave a sigh of relief that those days are in the past. Putting such a meal on the table would be considered unnecessary labor in the 1940's. . . and what is more, our need today is for economy at the table. Not only do 1948 budgets make no allowance for two or three desserts or meats. . . but Americans are no longer as careless of their food supplies which come at greater cost. No longer do we tolerate extravagant waste of our abundance for we are keenly aware today of the prices of food here and of the food needs of other peoples in the world. Now we are searching for economical meat dishes that give us the maximum amount of nourishment with the smallest cost and least use of our not so plentiful meat supplies.

Today's Peace Plate is such a dish....one that features a more plentiful food like chicken and thus saves on a scarce item like meat. Our recipe is braised chicken with celery stuffing. . . and here's how to prepare it. You'll need one three and a half or four pound stewing hen for serving four. Then four tablespoons of fat. . . four tablespoons of flour, . . salt and pepper. . . three cups of hot stock or water. . .and one onion. Cut up the chicken into serving pieces. If it's a little old, steam or stew in a small amount of water for about an hour before browning. Drain and dry pieces to be braised. . . and roll them in flour, salt and pepper. Cook in heated fat in deep skillet or Dutch

oven until golden brown. Then remove fowl. Blend fat and flour, salt and pepper. Add the stock or water and cook until thickened. Add the fowl and onion . . .cover tightly and bake until almost tender, about two and a half hours at 350 degrees Fahrenheit. Remove chicken and make a mound of dressing on a low rack in the center of the cooking pan. Lay chicken on dressing, cover pan and complete cooking. . . about three-fourths of an hour. Serves 4.

Let's have new cabbage for this Sunday dinner. It's coming in plentifully from the South to markets the country over. You might bake it with grated cheese and crumbs. For salad have lettuce with fruit juice-flavored mayonnaise and for dessert an apple-rhubarb crisp. The crisp may be a new recipe to you . . and I have the brief directions here for making it. Just peel, core and slice three large, tart apples into a greased baking dish. Add one cup of diced fresh rhubarb and top with a crumble crust of one-half cup of flour, one-half cup of brown sugar, one-fourth cup of shortening, one-fourth teaspoon of salt, and one-half teaspoon of cinnamon worked together lightly. Bake in a moderately hot oven.....375 degrees Fahrenheit. . .for 30 minutes, until the topping crisps. You may serve apple-rhubarb crisp either hot or cold.

You know, you're really a modern cook if you budget the time it takes to prepare even this comparatively simple company dinner. For instance, you can avoid that last-minute rush at dinner time by cutting up the chicken for this braised dish and stewing it on Saturday. The bread crumbs for the stuffing can be readied on Saturday too.... and even the ingredients for the topping of the fruit crisp can be prepared and put in the refrigerator. Yes, it's a truly thrifty meal if you've saved time by doing some jobs early. . . and if you've saved on food money by purchasing stewing chicken which is a current economy buy.

UNITED STATES DEPARTMENT OF AGRICULTURE
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CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Tuesday
March 23, 1948

ATTENTION: Women Broadcasters

If anyone were passing out distinguished service medals to. . .to let us say foods which serve the housewife well. . .eggs would certainly be in line for a citation. You already know the various merits of eggs for their accomplishments in the kitchen. . . but this year they're playing the especially valuable role of extending the Nation's meat supply. When you use eggs, you see, you are demanding less meat from your meat dealer. . . and this eases the pressure of demand on our shrinking meat supplies. If this pressure keeps up, meat prices will stay high and may go even higher. Careful buying is the only way to bring meat prices down.

Then, too, eggs are usually more economical than the more expensive meats. . and so they're a boon to you when it comes to planning a variety of thrifty main dishes.

Now is the time to take advantage of the relatively good supply of eggs. They are especially economical this time of year. . . and so their prices compare more favorably with the prices of meats. An omelet then is a good Peace Plate for this March day. . . and we're suggesting a fluffy omelet for especially fine eating. There is the plain omelet, you know, which is simpler than this recipe. It calls for just slightly beating the eggs, adding the liquid and seasonings and cooking the mixture in melted fat. But this recipe gives you lighter, fluffier results. . . and I'm sure it's one you'll like.

The ingredients you'll need are four eggs. . . four tablespoons of milk. . one-half teaspoon of salt. . . one-eighth teaspoon of pepper. . . and one tablespoon of cooking fat. Separate the eggs and beat yolks thoroughly. Add milk . . . which should be one tablespoon for each egg. Beat the egg whites and salt until stiff but not dry. Gradually fold in the egg yolk mixture and add papper. Pour into a frying pan which contains melted fat. Cook over low heat

until the omelet is lightly browned on the bottom. Finish by baking the omelet in a moderate oven. . . 350 degrees Fahrenheit. . . for 10 or 15 minutes or until firm on top. Grease the omelet in the center and fold over as you roll it onto a platter that's been heated. This recipe serves four. . . allowing one egg per person.

We promise even more success for your fluffy omelet if you add some touch of bright flavor and color. . . such as a tart currant jelly garnish. If you have enough jelly on hand, spread some over the top of the omelet before folding it.

For an attractive serving, sourround your omelet on the platter with potatoes in cream sauce. Broccoli might be your green vegetable and jellied tomato your salad. An easy-to-prepare dessert which is just as good as it sonnds is banana coconut rolls. How to make them? Well, they're just firm bananas brushed with table fat and lemon juice, cut in half, sprinkled with coconut and baked until the coconut browns.

But back to the subject of eggs, you'll deserve a distinguished service medal yourself if you take proper care of eggs after purchasing them. I wonder if you know, for instance, that the freshness and flavor of eggs depend more on the care they get than on their age? That means keeping those eggs clean, covered . . .and cold.

Eggs should be cleaned with a dry, rough cloth by just wiping off soiled spots. But don't wash them until just before using. Washing removes that protective film around the egg's porous shell. To properly store eggs, you should keep them in a covered bowl or pan, away from strong smelling foods. And they must be kept cold. . .in temperatures between 32 and 45 degrees Fahrenheit. If you store them in a warm room, eggs may lose as much quality in three days as those kept two weeks in a refrigerator. Surely, it's important to take good care of eggs when they rate so highly as a meat alternate. And it's wise to make good use of them too..in your menu planning, now that meat supplies are smaller than last year and prices are high.

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D.C

FOR BROADCAST USE ONLY
Suggested for Wednesday,
March 24, 1948

ATTENTION: Women Broadcasters

One of the rulers of Florence back in those golden days of that Italian city when it led the world in art and gracious living had a favorite dish of creamed fish and spinach. Or so the story goes.

Even today it's a delectable dish. . .this combination of spinach with creamed fish such as salmon, for instance. And it's a dish to be sought after for more than its culinary fame. For it can actually be a budget item on your menu, and that's just why it's our Peace Plate for today. It's a meat-saving dish and that means all the merits of saving money for you and cutting down on our demand for meat at the market.

But salmon, you may say, is expensive. Well, food specialists tell us we don't have to use the expensive varieties of canned salmon in this dish. When you're shopping for salmon, you'll find the more costly types are Chinook or King, Red, or Sockeye, and Medium red salmon. But you'll do well to look for those varieties which usually come at a lower price. . .such as pink salmon and the so-called Chum or Kuta. One of the characteristics of the less expensive salmons is that the flesh is not as firm as the ones which cost more. Even so, they'll do just as well in today's spinach and fish combination. And one of the reasons pink salmon has a lower price tag, by the way, is simply because this kind of salmon is more abundant.

But let's examine the makings of our baked spinach ring which comes to the table filled with creamed salmon. I'll list the ingredients first. . .and then give you the directions. First, it's three tablespoons of cooking fat. . .then one tablespoon of chopped onion. . .three tablespoons of flour. . .one cup of milk. . .one and a half pounds of spinach which measures one cup of cooked spinach. . .two eggs, beaten separately. . .salt. . .paprika. . .one-fourth

teaspoon of nutmeg which is optional. . .and, finally, two cups of hot creamed salmon.

And here are the directions. Melt fat in a skillet. Add onion and fry for about a minute. Stir in the flour until well blended, add the milk and cook, stirring until slightly thickened. Then add the chopped cooked spinach, reduce the heat, stir in the two well beaten egg yolks and cook until thickened. Add the seasonings and fold in the two stiffly beaten egg whites. With this mixture fill a greased baking dish or ring mold. . .and set in a pan of hot water to bake in a very moderate oven. . .325 degrees Fahrenheit. . .for about 30 minutes or until well set. Unmold the spinach on a platter and pour the creamed salmon over it. Or, if a ring mold is used, fill the center with the creamed salmon. This recipe serves four.

What to have with this main dish? Let's try scalloped potatoes--which can bake while the spinach ring is in the oven--and carrots for another vegetable. Unpeeled brilliant red apples with orange sections will make a bright salad. . . and dessert could be your favorite gingerbread served in a new way. Let's say you top warm squares of the gingerbread with a mixture of spicy apple butter and cottage cheese.

And so we've rounded out a meal that even the rulers of old Florence would envy. Yet it's one that moderns can afford. . .even if meat prices are high. It's all in the choosing of a canned salmon variety which fits your pocketbook . . .for real economy with this baked spinach ring and creamed salmon.

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Thursday
March 25, 1948

ATTENTION: Women Broadcasters

You can talk all you want to about getting out of ruts. . . but there are some ruts people just don't want to get very far out of. . . even when it comes to good cooking, where originality counts. For instance, there's being in a rut about pork and apples and liking the combination so well that it's good again and again for a main dish. Well, we don't see anything wrong with this kind of one-mindedness. . .especially since nutritionists go along with us on serving pork and apples together.

Indeed, they have combined it again today for a Thursday Peace Plate. . . and you can't say there isn't a spark of originality in the recipe either. For today it's stuffed ham rolls which call for the goodness of apples and brown sugar and raisins all rolled up in slices of ham. . . thin slices of ham, incidentally. The thin slices are for meat conservation which features the best of dishes from any thrifty kitchen in this era of expensive meat.

Let's take some notes on making these ham rolls and then I'll tell you about the rest of our menu suggestions which include another little recipe you'll appreciate having. Now for the stuffed ham rolls. . . begin with four medium apples, diced. . . then two tablespoons of fat. . . two tablespoons of brown sugar. . . one-fourth cup of raisins. . . and four slices of cooked ham --boiled or baked--and remember to keep them thin to save meat. Fry the apples in fat until partly cooked, but not mushy. Add sugar and raisins. Spread apple mixture on ham slices and roll. Fasten with toothpick and heat under broiler or in frying pan until ham is hot. This recipe serves four.

Now to go with the ham rolls, we especially like the suggestion of golden waffles. . . which can be a budget item too if you make them with just one egg

and serve them with syrup instead of an expensive spread. This fruited honey syrup reciep which I have here is just the thing to make waffles even more popular at your house. It's a brief recipe -- with only three ingredients. First you need one cup of extracted honey. . .then one tablespoon of grated orange rind. . and one-half cup of orange juice. Just heat the honey and grated orange rind over moderately hot water. . .not more than 140 degrees. . .for about 15 minutes to blend flavors and to liquify. Then add orange juice and heat only until warm enough for serving.

A waffle meal is a simple one. . .for most people are content to keep eating waffles until they've had enough. The last waffle can serve as dessert, especially if you put a little honey and nuts on that one. But we omitted the salad suggestion for this meal. . .and it surely does demand a good tart salad such as grapefruit sections and prunes, stuffed with cranberry relish, on crisp lettuce.

Honey is plentiful, by the way, and so you'll have no trouble getting it for the honey syrup on the waffles. Be sure and store honey in a dry place and keep it tightly covered. If it crystallizes. . . and as you've noticed this often happens, it can be liquified by warming the container in moderately hot water. . . something like 140 degrees.

Reserve

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Friday
April 2, 1948

ATTENTION: Women Broadcasters

"Pass the cod fish cakes," could be heard at breakfast time from Maine to Long Island in Colonial days. Cod fish cakes, or cod fish balls, as they are sometimes called, were an early morning favorite with early New Englanders. After all these years, cod fish cakes are just as popular for any meal there. And so we borrow this thrifty food for our Friday Peace Plate.

For the best buy, try to get fresh cod or frozen cod fillets. The fish is usually cheaper that way than canned and your cod fish cakes will be especially flavorsome. If your market does not offer cod, you may get the same fishy tang by using finnan haddie for your cakes. Finnan haddie is lightly smoked haddock, you know, and like fresh cod, gives you good value for your money.

The vacuum-packed salt cod now on the market is a great improvement on the salt cod sold in grandmother's day. Some of you may remember the old-fashioned salt cod that the grocer used to scoop from a packing box--how dry and yellowish it was! And although it was a good source of protein, there was very little flavor left. Modern vacuum-packed canned cod keeps its flavor much better. It keeps the color, the texture, and the moisture of the fresh cured fish, too. These qualities make this form of salt cod a real treat for inlanders with sea-going appetites.

And now, do you have your pencil handy? Our Peace Plate for today--cod fish cakes--calls on the potato to spread out, or extend, that delicious fish flavor for four good servings. So you'll need 3 cups of hot well seasoned mashed potatoes. In addition, you'll need eggs -- two of them-- and two tablespoonsful of drippings, either bacon or other cooking fat. And, of course, fish. It takes two cups of shredded cod fish to supply the most important taste and food value for this Friday meal. And now for the directions.

If you are using fresh cod, cover the pieces with a quart of water and let them soak for about two hours. Then drain, add another quart of water, and put it on the stove over a low flame to simmer for thirty minutes. Drain again and press out the liquid. This is the time to remove the bones and shred the fish.

Mix the shredded fish with hot mashed potatoes - 3 cups of them - and with the two eggs that have first been well beaten. You may want to season your mashed potatoes before you mix them with the shredded fish. Then beat the whole mixture until it is light. You can add more salt and pepper here if you want to. And now shape your cakes and pan fry them in the drippings.

When they are good and brown, take them out and drain them well on absorbant paper. You may serve them with a smooth tomato sauce, or if you like variety, you can pick from a number of sauces. Cod fish cakes may become quite a stand-by on your family table, because you can dress them in so many different ways. An egg, or a creole sauce, for instance; or a sauce made from homemade chili or prepared with a bite of horseradish.

As a tasty vegetable to serve with the fish cakes, food specialists suggest new green cabbage cooked for just five minutes. A salad made of strips of carrot with whole pitted prunes, on lettuce, would go well on the side. And to conclude the meal, try an orange sponge dessert with a soft custard sauce.

We can still take a tip from the early New England housewife, though. She had to cook her cod fish cakes over an open hearth, but she knew their value as a wholesome money-saving food. And today, when economy is the watchword, cod fish cakes are just as thrifty and nutritious as they were back yonder in colonial times.

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Saturday
April 3, 1948

ATTENTION: Women Broadcasters

If we were asked to name the typical American dish, it's ten to one most of us would say, "Ham 'n' eggs." It is certainly one of our favorites. And today ham 'n' eggs goes into a meat pie with a cheese biscuit crust and comes out the economy special of our Saturday Peace Plate.

Ham and egg pie is a money-saver because it makes good use of the cheaper cuts of smoked ham. We all know how expensive it is to buy the choice center cuts. . . but we can get just as good food value from a piece of picnic, or a smoked ham hock, or shank. It may not look as tempting as a ham slice but the flavor is there just the same. And when we're making ham 'n' egg pie it's flavor and food value we're after.

Here are the makin's of the ham 'n' egg filling in case you want to take them down. This dish will serve four people. First, there's one pound of uncooked, smoked ham. Or if you have half a baked ham on hand you can use the cooked parts that don't slice well. Then, you'll need 3 tablespoons of ham fat, or other drippings, and 3 tablespoons of flour. You'll also have to have some milk, one and one-half cups of it, and 2 eggs that have been hard-boiled and sliced. For seasoning, you'll want salt, pepper, and a little Worcestershire sauce, if you like the flavor.

For the cheese biscuit crust, it takes sifted flour, 2 cups; baking powder, 3 teaspoonfuls; salt, three-fourths of a teaspoon; shredded cheese, two-thirds of a cup. In addition you will need 4 tablespoons of cooking fat and from one-half to two-thirds of a cup of milk. In both the filling and the biscuit crust, you can use skim milk instead of whole milk.

To fix the ham for your pie filling, first you trim off all the fat. Then brown the meat, and the trimmings, in a frying pan. Take out the ham and cut it in cubes. Keep three tablespoons of fat in the pan but take out the cracklings and any melted fat over that amount. Then make a sauce by browning flour in the ham fat. Add milk gradually and keep stirring until it thickens. Season to taste. After that, arrange the ham cubes and hard-boiled egg slices in layers in a baking dish and cover with the milk gravy sauce. Bake for about 15 minutes in a moderate oven. When it's done, top the pie with cheese biscuits. Serves 4.

As for the biscuit crust, you make that in much the same way as you would ordinary biscuits. First, you sift the dry ingredients. Next, cut in the fat and then the cheese, add milk enough to make a soft dough. Then roll it out and cut it in rounds. You should get anywhere from 12 to 16 biscuits. Bake them in a hot oven for 15 minutes. Use some for topping the pie and some to serve piping hot. Spread them with spicy apple butter. It's so good with ham dishes.

Serve turnip or beet greens and lima beans for vegetables, with carrot strips and radishes for a touch of spring. And doesn't fruit compote of cooked dried apricots and prunes, with homemade gingerbread or molasses cookies, sound good for dessert?

UNITED STATES DEPARTMENT OF AGRICULTURE
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WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Sunday
April 4, 1948

ATTENTION: Women Broadcasters

It's chicken for Sunday. And let's do it in the Italian manner. . .to suit modern American pocketbooks. . . and appetites. So we'll employ Italian economy for using less meat. . . and sunny Italy's artistry for mixing flavors that make good eating.

This Sunday, we'll try a Peace Plate of chicken risotto (re-sōt-tō). . . a combination of delicate chicken meat with those fluffy grains of rice. The rice is simmered in chicken broth to spread that good chicken flavor and, finally, there's a bit of savory onion in the dish. Chicken risotte starts with a stewing hen. That's a money-saving feature right there because stewing hens, or fowl, as they are known at some meat counters, are usually several cents cheaper per pound than broilers or fryers would be. But the real economy angle is that you can make your chicken risotto from the bony parts of the hen. And then if there are no more than four in your family, you'll have enough cooked chicken for another meal.

You parboil the chicken first and then you cut up one and a half cups of chicken meat. For the chicken risotto, chicken with rice, you'll also need one middle-sized onion; chicken fat - two tablespoons; chicken broth - one quart; rice - one-half cup. Remember how rice cooks up? One-half cup of uncooked rice is plenty. And now for the directions: To make this chicken with rice -- first chop your onion and cook it in fat for a few minutes. Use your stew pan for this because you add the broth to the browned onion. And when the broth starts boiling rapidly you may begin to put the rice in, a little at a time. Sprinkle the rice in slowly. Cover the pan, and simmer the rice for about twenty-five minutes -- until the grains swell and become soft. Shake the pan from time to time to keep the rice from sticking. But it's better not

to stir the rice unless it's absolutely necessary. By the time the rice is done, it will have absorbed most of the flavor from the broth, and the grains should be large and separate. Now add the small pieces of chicken meat and salt to taste.

Along with your chicken and rice dish, you might have green peas and a grapefruit salad. You won't need potatoes, or very much bread, because the rice will give you comparable food value. But you will want to step up the protein content of your meal. And what more pleasant way can you do it than by serving the traditional homemade Sunday ice cream?

And now here's a buying tip from food experts at the United States Department of Agriculture. "Not all hens are alike," they say. Some are older and less tender than others. And you can't always go by the price, either. So if you want to find out if a "special" is really a good buy, ask the grade. The highest grade for dressed stewing chicken is U. S. double A. That's a bird that is full-fleshed and covered with a nice layer of fat. Then follow Grades A, B, and C, progressively less well-fleshed. The lower grades are generally less tender than Grade A. But you can have good eating from a Grade B hen if you allow plenty of time for cooking, and if you cook with moist heat, as you do in stewing or braising.

UNITED STATES DEPARTMENT OF AGRICULTURE
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CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Tuesday
April 6, 1948

ATTENTION: Women Broadcasters

Mention spoon bread and you immediately think of the tune "Dixie" for spoon bread is a truly old-fashioned Southern dish. Today's spoon bread -- the mainstay of our Tuesday Peace Plate meal -- is more of an egg dish, or souffle, than the simple southern variety. And this spoon bread has a generous cup of Cheddar cheese added for food value and flavor.

If you like that nippy tang in your cheese, then select a cheese that has been aged quite a while. Food specialists tell us there are three classes of Cheddar cheese on the market. They're classified according to age. Fresh cheeses are the milder ones, and those aged longer are nippier and stronger. Fortunately cheese that has been aged is plentiful now. So you should have no trouble fitting your cheese to your family's taste.

We should be seeing a lot of egg and cheese dishes at our tables these days. Eggs and cheese provide excellent protein--that's the chief nutrient in meats, you know. And as we cut down on meat, we should depend more upon these meat "alternates". Here's a little comparison that may help you. There's as much protein in two cups of grated cheese as there is in a pound of beef. . .beef with just a moderate amount of bone and fat, such as rump roast cut. And since two cups of grated cheese weigh half a pound, all you need to do is to compare the prices of half a pound of cheese and a pound of rump roast. And you'll undoubtedly find the cheese less expensive. . . giving you the same protein at less cost.

And now for the cheese spoon bread recipe. But first, a list of ingredients. These quantities will make enough for four or five servings: Milk, twouand one-half cups; corn meal, one-half cup; sugar, one tablespoon, the same amount of fat; Cheddar cheese, one-fourth of a pound; three eggs; one-half teaspoon of baking powder and a half teaspoon of salt.

Heat two cups of milk in a double boiler, add the corn meal and stir until thickened. Then put in the salt, sugar, table fat. Dice the cheese . . . and you should have about a cupful.. . and add to the mush. Heat this mixture until the cheese is melted. Beat the egg yolks, add about a half a cup more milk and stir this into the mush. Fold in stiffly beaten egg whites after you have added the baking powder to them. Pour into a greased baking dish and place in a moderate oven for thirty-five to forty-five minutes.

Small white onions in a creamy sauce make a satisfying vegetable dish to serve with cheese spoon bread. And for color, there are green beans and a salad of crisp lettuce and pickled beets. To top your meal, here's a dessert suggestion from the food experts. You might try spicy apples baked in the same oven with the spoon bread. Give them first a filling of chopped raisins, figs or dates, and they'll be even better eating.

Cheese spoon bread is a happy choice for your main dish because it cuts the cost of the meal. It helps us save on meat and you know how high meat prices are these days! But if more of us go easy on meat at the market, we'll help to bring down those inflated prices.

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Wednesday
April 7, 1948

ATTENTION: Women Broadcasters

This is the time of year when spring lamb comes to market. And whether your purchase goes easy on your budget or gives it a wallop depends upon the cut you buy.

In an eastern city recently a breast or shank of lamb cost only fifteen cents a pound. The choice rib chops sold for sixty-five. That's saving fifty cents right there. Of course, this price spread may not be the same every day and in all markets. But there'll be enough difference to make it worth your while to shop for these cheaper cuts.

When comparing prices here is an important point to remember. Food experts say that lean meat from the cheaper cuts is every bit as high in nutritive value as the lean meat from expensive chops. While it's true that the cheaper cuts of lamb may not be quite as flavorsome, it's really the cook behind the cut that counts. And experience shows that the breast or shank of lamb is good eating if it's well prepared.

Today's Peace Plate features breast of lamb stuffed with sausage and braised. It comes to your table with that appetizing blend of flavors you get from sausage and lamb -- one that is sure to please the men folks in your family. And you will find this lamb and sausage plate low in cost, too.

And now for the day's directions: How to prepare breast of lamb with sausage? You will need first the lamb itself, one and one-half pounds of breast of lamb; then pork sausage, one-half pound; drippings - two tablespoons; white potatoes - four medium-sized ones, and then flour, salt and pepper.

Have the meat dealer bone the lamb when you buy it. To get the lamb ready for braising, spread it with sausage; roll it up and tie or skewer it. Now dredge with flour and sprinkle with salt and pepper. Cook the roll in

the drippings until golden brown on all sides. Add a little water. . .about a half a cupful. Cover your pan tightly and let the lamb cook for about one and one-half hours in a moderate oven (325°F) until tender. Peel the potatoes and add to the meat during the last forty-five minutes of cooking. Baste them occasionally, and they'll turn a beautiful golden brown and absorb the rich flavor of the meat juices. Serves 4.

Are you wondering now what other vegetable to serve with this appetizing lamb and sausage plate? Wouldn't glazed carrots look mighty attractive? Carrots are one of the most plentiful of the less expensive vegetables these days. The spring crops are coming in from the big producing areas of California, Arizona and Texas right now.

For a salad to go with our Peace Plate for today, the food experts suggest a combination of greens tossed with French dressing! You can give the dressing added zest by seasoning with a dash of horseradish.

A light dessert will go well with this hearty meal. Grapefruit sections, for instance, or a grapefruit cut in half and served in the shell. For variety, serve the grapefruit broiled. It's a good simple hot dessert. If you have mint jelly on hand you can either serve a bit on your lamb plate, or add it to your grapefruit for a colorful center.

There, you have a meal that is hearty and satisfying, and at the same time as spring-like as April. But best of all, it's well within reach of most family budgets.

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Thursday
April 8, 1948

ATTENTION: Women Broadcasters

Are you looking for a money-saving main dish that sticks to the ribs? Try braised heart. It's our Peace Plate for Thursday and when stuffed with celery, onions and bread crumbs, you will find it satisfying and tasty . . . and very easy on the purse.

Heart is known as one of the variety meats. It's an especially good buy today because it's exceedingly rich in food value. As a matter of fact, there's actually more iron in a beef heart than there is in an equal amount of the finest tenderloin. It's good for the B vitamins, too, and the protein in it is of the highest quality.

There are many ways of preparing heart, or of using any which may be left over. You can grind it up for patties, or for a meat loaf. You can cube it and use it in a stew with vegetables. Or you can follow today's suggestion and serve stuffed braised heart.

This is a real economy dish, because in the first place, heart itself is much less expensive than the more familiar beef cuts. In the second place, it's prepared in such a way that the flavor is extended. When you extend meat flavor through a less costly filler, like rice, biscuits or bread crumbs, you get by with less meat for a meal.

Here's the way you prepare the main dish for braised heart. You will need a beef heart, one that weighs from three to four pounds; one onion; about two stalks of celery, outside stalks will do. Then fat, three tablespoons; bread crumbs, two cups of them; salt, pepper, and a little sage for seasoning. . . a half a teaspoon of it will be enough.

Wash the heart thoroughly, being careful to remove gristle and veins. Cut a slit in one side and fill the cavity with dressing.

To make the dressing, you cook chopped onion, celery, and the sage in two tablespoons of fat. Add the breadcrumbs to this mixture and season to taste with salt and pepper. After filling the heart with this flavorsome dressing, then sew or skewer the heart shut. Brown the heart on all sides in the remaining tablespoon of fat. Now put it in a baking dish, pour on a half a cup of water. Then cover closely and cook until tender in a very moderate oven, hot over 300 degrees Fahrenheit. This will probably take all of two hours, and then you are ready to make a delicious gravy of the drippings. Best of all you will find that this recipe will serve four, and still leave enough meat for a second meal.

Bake a casserole of scalloped tomatoes in the oven with the braised heart. It's a good tangy vegetable dish. Baked squash might be your other vegetable. . . and it, too, can be readied in the oven. Let's have lettuce for salad and brighten its flavor with a tart French dressing and bleu cheese. Try cottage pudding for dessert. . . and top it with rich brown chocolate sauce.

A beef heart is large. Most of them weigh about four pounds, but you can use other hearts as well. A pork and a calf heart weigh about a half a pound each; a lamb heart, about a fourth of a pound. So you will need two calf or pork hearts, or four lamb hearts if you use them to make today's dish. And although beef heart is the less tender of these, it can always be tenderized with proper cooking. And usually, it has the lowest price per pound.

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Friday
April 9, 1948

ATTENTION: Women Broadcasters

Tart mayonnaise is good on so many things. So today let's try it on baked fish. We'll spread mayonnaise on the fish before baking. . .add some lemon juice. . .and when cooked, give it a few minutes for crisp browning under the broiler before it goes to the table. There you have fish that's moist and tender for good eating.

And fish can be such an economy, too. . .especially if you watch your grocery advertisements for the best buys in fish. Fillets of pollock or cod steak are likely to come most reasonably at your market. Both appeared on the market recently in an eastern city at about 25 cents a pound. And throughout the country. . .you'll find meat and fish markets featuring several types of fish at around 30 cents. That's about half the price of a leg of lamb roast.

Fillets at 25 to 30 cents a pound would be an especially good buy because there is practically no waste in a fillet. And if you're watching pennies, the amount of waste certainly is a point to keep in mind.

You see, when you buy a whole fish, you pay for considerable bone and other waste. . .bringing up theprice of the fish you eat. On the other hand, if you can use most of the fish that you get for your money, then the price at the counter comes nearer being the actual cost of your purchase.

Fish for this Friday then is your chance to cut down your meat bill. One pound of fish steak or fillet will provide helpings for four people in today's recipe. Now, going slowly so that you can take the recipe down. In addition to the one pound of fish, you will need salt, lemon juice, and two tablespoons of mayonnaise.

Wipe the fish. Cut it into pieces the size you will want to use for serving. Salt on both sides. Sprinkle with lemon juice, and spread with mayonnaise. Now place the pieces in a shallow greased baking dish, and it's

reading for baking in a moderate oven (350 degrees Fahrenheit). Twenty-five minutes should allow time enough to cook the fish through, but if not browned enough by that time, you may want to place it under the broiler for a few minutes. Add color and zest to your economy dish with a sprinkling of parsley and serve direct from the baking dish.

The rest of the menu is as good as the fish--and low-cost, too--escalloped tomatoes to lend color, and golden brown potatoes in the half shell--a salad --half a pear on crisp, green lettuce topped with a French dressing--to give the fruity flavor we like with fish. Then for a dessert that sends you from the table with that well-fed feeling, a molasses pudding with lemon sauce.

We've been talking for quite a while about Peace Plates. Perhaps you'd like to know a little bit more about them. Peace Plate menus and recipes are prepared and tested by government home economists. They've been worked out to save you money, without slighting the food values that your family needs. The idea is to make more use of foods that are plentiful, and to go light on foods that are scarce. The home economists who suggest these Peace Plates are making use of the Department of Agriculture's current reports about the supply of foods the Country over. Now, generally speaking, when an item is plentiful, the price is likely to be reasonable. When it is scarce, like meat, and there are a lot of people willing to buy it, the price runs up.

When we buy the cheaper, more plentiful items suggested as the main ingredients of the Peace Plates, we take some of the pressure off the demand for the higher priced items. This helps bring down food prices. And that's the kind of thing we mean when we talk about fighting price inflation.

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Saturday
April 10, 1948

ATTENTION: Women Broadcasters

There's a refreshing dash of spring throughout today's menu. The main dish is smoked beef tongue. . .and it has a tangy horseradish sauce. And then there are greens for a vegetable. . .greens, perhaps, from your garden if you live in the South. The green freshness of lettuce cups, too, for the potato salad, enlivened with spring onions. . . And the color and sparkle of baked rhubarb in a crusty pie help bring spring right to your table.

It's a thrifty meal, as well. Beef tongue is one of the more economical meat "buys". Not only does it cost less a pound than many of the popular cuts, but it also has less waste.

Let's look at the recipe for Smoked Beef Tongue. I'll list the ingredients and then the directions. . . if you wish to take them down. First, the tongue. . .with bay leaves to add a distinctive flavor. . . three bay leaves will do. Pepper - a fourth teaspoon; cloves -- one teaspoon; and a single onion.

And the directions? Wash the tongue and soak it in cold water overnight. This is very important because you do not want the tongue to be too salty. Discard the water that the tongue has soaked in all night, cover with fresh water, and bring to the boiling point. If this water is still salty, pour it off, too. Again, cover with fresh water, add the pepper, the bay leaves, and the cloves and cook until the tongue is tender. . . probably about three hours. Let the tongue cool in its own liquid so it will not shrink. Then take it out, pull off the outer skin and cut off the roots.

You will probably want your first meal from this tongue a hot one. So, shortly before dinner, re-heat the skinned tongue in its own well-seasoned liquid.

The horseradish sauce is very easy to make. All you do is add horseradish to suit your taste to a fourth of a cup of mayonnaise. Serve in a separate container so everyone can have as much -- or as little -- of its piquant flavor as he wants.

There are so many things you can do with cooked tongue. You can try different sauces, some sharp, and some mellow, with hot sliced braised tongue. Is the weather getting warmer? Give jellied cold tongue the place of honor on a cold plate meal.

And doesn't tongue make the gradest sandwiches? They're so popular -- as well as wholesome -- for school lunches and for the box lunches of the working members of your household. And for those last remaining slivers of fine-flavored tongue, try them in a tossed green salad.

Here are a few food tips from the experts to keep in mind. Tongue is a smoked meat, and requires careful refrigeration before cooking, just as fresh meats do.

To prevent cooked tongue from drying out, store it in a covered container. Keep it in a cold part of the refrigerator.

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UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Sunday
April 11, 1948

ATTENTION: Women Broadcasters

Mmmm-spring! These are the days when we'd all like to be out in the country. But if that's impossible how about bringing the good old-fashioned country to the family table with Sunday's Peace Plate. It's chicken country style. That means a chicken with plenty of brown gravy and vegetables with the chicken flavor cooked clean through them.

Like all proper Peace Plates, chicken country style features plentiful foods. Stewing hens remain near the top of the abundant list. Crisp green cabbage, the suggestion for the salad is plentiful and just about the cheapest vegetable you can buy these days. You actually may pay less a pound for it than you pay for potatoes. New carrots are coming to market. And carrots accompany potatoes and onions in our savory chicken dish.

The grapefruit on our menu for dessert is also plentiful and relatively low in price. This is especially true if you buy your grapefruit in quantity. And if you are looking for several ways to serve grapefruit, here's an idea that lends variety. Fix your grapefruit in sections and then add purple-blue Italian-type plums out of a can to lend a bit of color. Chill them together in an icecube tray, until the juice is half frozen. You'll be delighted with the way the flavors of the two fruits blend.

And now to go back to our main dish -- chicken country style -- a filling, nutritious main dish it is. Listen to what goes into the baking dish. The chicken itself, about a four-pound stewer cut in pieces; salt and pepper; chicken fat or drippings, four tablespoons;and 1 cup boiling water. This recipe serves four people, and the quantities are easy to remember for there's four of practically everything. Next on the list, medium-sized onions, four of them; carrots, four medium-sized ones; potatoes,again four; then four tablespoons of flour, but just one cup of milk.

First you season the chicken with salt and pepper, then you roll it in flour and brown it in the fat; add one cup of boiling water and simmer, tightly covered, for two hours. When chicken is almost done, put the onions, carrots and peeled potatoes in a baking dish; place the browned pieces of chicken on top. Make the gravy in the pan from which you took the chicken. Combine flour and cold water and stir this into the stock in which the chicken was cooked. Add milk and continue to stir until this mixture has thickened. This is what really makes the meal--you pour this rich, mouth-watering gravy over the chicken and vegetables in the casserole, and bake in a very moderate oven (325 degrees Fahrenheit) until the chicken is thoroughly tender -- you can try it with a fork -- but you'll find that it usually takes about forty-five minutes.

This casserole dish serves four people, and if they go easy on the meat you will have enough chicken left for a chicken and noodle dish later in the week.

So you see what a thrifty Peace Plate this chicken dinner really is. It uses the more plentiful foods. It takes advantage of the "good buys" in poultry. And there's another economy angle to chicken country style. It's a wonderful time saver. Did you notice how simple this Sunday's Peace Plate is to prepare? There's just the main dish-- chicken complete with the vegetables, then a salad, and the dessert. After that, dinner is done and you're free as a bird to enjoy the wonders of spring.

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Tuesday,
April 13, 1948

ATTENTION: Women Broadcasters

Fragrant cheese and slices of bread are the chief ingredients of the main dish for our Tuesday Peace Plate. It's called Cheese Puff, but it's a lot more substantial than it sounds. As you know, these popular Peace Plates are planned so that they are good for you as well as good to your purse.

Having a cheese main dish, like this puff for today, does away with the need for meat in the meal. And we should serve occasional meatless meals these days when meat supplies are relatively short. For by reducing demand for meat, we can help fight those inflated prices.

Then, too, most of us know that cheese gives us good quality protein--one of the nutrients we get from meat. And in this cheese puff we add milk and eggs which also help to build up protein.

And another advantage. . .you will find this cheese puff a lot easier to make than a good many other cheese dishes. A cheese puff doesn't require the delicate handling that a successful soufle does.

Now get your pencil and I'll tell you exactly how it's done. These quantities will serve four people. To make the cheese puff you will need: 6 slices of bread. . .grated cheese, one and one-half cups. . . and two eggs. Milk. . . one and one-half cups. . .and a third teaspoonful of salt complete the ingredients. And if you like a more tangy dish, you add pepper, paprika and mustard.

In making this cheese puff, the first thing you do is to lay three of your six slices of bread in the bottom of a greased baking dish. Sprinkle half the cheese over them and cover with the remaining bread. Beat up the two eggs, add the milk and seasonings. Pour this over the bread. Now sprinkle the rest of the cheese on top and you're ready to set the baking dish in a pan

of hot water. Bake in a moderate oven (350 degrees Fahrenheit) for about forty minutes. When the milk and eggs form a custard and the bread puffs up, your dish is done.

Fresh green cabbage is still plentiful, and still about the least expensive vegetable you can buy. . .so to continue our economy theme. . .let's serve escalloped cabbage with the cheese puff. Harvard beets bring a touch of color and their crimson hue may be complemented by a tossed green salad with chives.

And speaking of chives, I wonder how many of our listeners are planning their own herb gardens this year. They don't require much space and if you have such delicacies as parsley, mint, and chives growing at your door, you can always add a touch of distinction to an economy meal. Don't overlook sage and taragon when you're planting, either. Summer savory, too, has a lovely flavor. But learn to use these herbs with a light hand. Play one for a leading flavor, hold the others to minor proportions.

But to go back to our cheese puff dinner. . .brown betty, say the experts, would be an ideal dessert. In setting the table, though, remember that both the puff and the brown betty use bread so you probably won't need any bread or rolls with this meal.

UNITED STATES DEPARTMENT OF AGRICULTURE
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CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Wednesday
April 14, 1948

ATTENTION: Women Broadcasters

How would you like to get through with the dishes early tonight? We've thought of that when we planned this quickie menu. The Peace Plate for Wednesday says, Savory, Brown Pork Shoulder Chops. And they're done as an oven dish, treated royally, chock-full of sweet potatoes and tart apples. When once the pork chop dish is out of the oven, there's only salad and dessert to put on the table. . . and no extra vegetable dishes to wash!

The shoulder chops make this an economy meal, too. Pork shoulder falls in the thrifty class of meats. You'll probably save as much as ten cents a pound by buying shoulder chops instead of rib or loin chops, and the shoulder chops will be every bit as tender and delicious if you fix them in a casserole.

We get our second vegetable in our salad, for it's cooked green beans tossed with crisp lettuce and French dressing. And as a dessert with a different flavor, we suggest a refreshing grapefruit-pineapple gelatin. . . especially good when served with old-fashioned sugar cookies.

A hint or two, about fixing this dessert, and then we'll go back to the chops. Grapefruit juice--canned--gives it a delightful tartness. Use the juice to replace most of the water called for in making gelatin. Broken pieces of pineapple and some of the pineapple juice help give it sweetness. It's a light dessert and will go well with our rich main dish.

And now for directions for making the casserole - Baked Pork Shoulder Chops with Sweet Potatoes and Apples. But first, the list of ingredients. As for all our Peace Plates, this recipe serves four.

Most of the quantities can be adjusted up or down, depending on the number at your table. Are you ready? Four shoulder pork chops, salt and pepper, four sweet potatoes, and four tart apples that have been cored. Then brown sugar and water, one-fourth cup of each, and two tablespoons of table fat.

Season the pork chops and brown them in a small amount of drippings from the fat trimmings. Slice the peeled raw sweet potatoes about a fourth of an inch thick, and arrange them in the bottom of a greased baking dish. Slice the apples but don't peel them. . .cut the slices about a half-inch thick. Place about half of your apple slices over the sweet potatoes, over this pour a sirup of the brown sugar; sprinkle with salt and pepper. Lay the pork chops in, and cover them with the rest of the apples. Dot with fat and add any drippings left from browning the chops. Bake,covered, for thirty minutes in a moderate oven (350 degrees Fahrenheit). After this first half hour of baking, remove the cover and bake from ten to twenty minutes longer, until the meat is well done.

Have you noticed how well this meal was planned as a money-saving measure? First, there are shoulder instead of loin chops, with directions for making them just as tasty and tender. Then there's the dessert made from canned grapefruit juice. . .which is a plentiful grocery item right now. That means you can find it at bargain prices.

Keep special watch for quantity buys for that's where you usually get the biggest savings. It's almost always best to buy the larger can. A thrifty homemaker recently found that she could save 12 cents by purchasing a 46 ounce can of grapefruit juice instead of this same quantity in small cans. And it's savings like these -- 12 cents here, perhaps 20 cents on the meat -- that help bring down the food bills.

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UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Thursday,
April 15, 1948

ATTENTION: Women Broadcasters

Are you economy minded today? If you are like the rest of us, your answer is a capital Y-E-S. And that means you're looking for new and unusual ways to dress up the cheaper cuts of meat. Today's Peace Plate does just that. For it brightens a roast lamb shoulder with tempting slices of golden orange rolled inside. The result is lamb that's delicious eating as well as easy on the purse.

Lamb shoulder is one of the thrifty cuts. . .and we are also making our meat servings smaller than we used to, for the sake of our budgets.

So let's make up for the smaller meat servings by being more generous with vegetables. Today's menu calls for two of them--richly browned braised celery and tender baby lima beans, creamed.

A colorful, tangy salad features rosy sliced beets with a minted French dressing. . .the mint flavor goes well with the lamb, you know. And for dessert, a hearty meal topper this time, a golden, one-crust apricot pie.

The apricots for the pie are a "good buy" this month. . . For grocers are offering bargains in apricots. . .dried, canned, and frozen. . . and in other processed fruits, as well. It's a sign of spring. . . stores being readied for the increasing shipments of fresh fruit. Prices are going down to encourage us to use up the winter's supply. In one store, canned apricots, for instance, are half the price they were last fall. So if you shied away from them a few months ago, you might recheck the price the next time you go to market.

But now let's examine our recipe for roast lamb stuffed with orange. We'll start out with a two-pound boned lamb shoulder. . . an economy buy, of course. But we'll add plenty of goodness. Our seasonings -- salt. . .pepper . . .flour. . . and one large orange, unpeeled and sliced.

Spread the lamb shoulder with the slices of orange. Roll, tie or skewer together. Sprinkle with salt and pepper. And dredge with flour. Place in a roasting pan. . .fat side up. . . and bake in a very moderate oven. . . 325 degrees Fahrenheit. . .about one and a half to two hours, or until tender. This two-pound lamb shoulder serves four.

Food specialists say it's smart to study meat cuts as well as meat prices before deciding what to buy. For you must take account of the amount of bone and fat in a cut. . . True, the thrifty housewife uses the bone in soup and tries out the fat for drippings. . . but she doesn't want to pay lean-meat prices for bone and fat.

Today's lamb shoulder is a good example. Lamb shoulder sells for about 39 cents a pount in some markets. . .but wehn you make allowance for the bone and fat, the lean meat actually costs you at the rate of 65 cents a pound.

On the same market, a rib lamb roast runs 60 cents a pound. . . but making allowance for bone and fat, the lean meat costs about $1.20 cents a pound. So actually, the lamb shoulder would provide a pound of lean meat at only about half the cost of lean meat from a lamb rib roast. . . 65 cents compared with $1.20. And so it's a good buy -- for the shoulder roast makes good eating.

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FOR BROADCAST USE ONLY
Suggested for Friday
April 16, 1948

ATTENTION: Women Broadcasters

On a bus the other day a nice looking woman plopped down wearily beside me. In her arms was an enormous sack of groceries. She glanced at me knowingly as she sighed and settled the bundle on her lap. "You know," she said, "it wouldn't be so bad carrying the bundles. But it's the prices that bother me. Honestly sometimes it's hard to know what to do. Especially about meat."

My tired bus mate's plaint was no different from those of thousands of women today. Indeed an expert's survey of 400 women in Richmond, Virginia, reveals that over 77 percent of us women are more than slightly worried about high food prices. Especially meats!

So to prove I'm very much in sympathy with all of you -- and incidentally, with myself -- I'm plugging fish for today's dinner. Fish fillet or the pet I'm going to tell you about later, fish steak. . . because you can buy these for as little as 23 cents a pound in many cities.* And inlanders can get frozen fish at very little more. Now as you all know there's a good bit of waste in meats you'd buy at that kind of price. Not so with fish steak. . . it's almost all solid meat. And you get as much protein from a pound of fish steak as you do from -- let's say -- a pound of leg of lamb! Good quality protein, too.

Say you're serving a pound of fish steak for your family of four. That's one sixth of the day's protein needs. The rest comes from milk, cheese, beans, eggs and such. . . you serve in the course of a day.

My favorite fish recipe is Golden Baked Fish Steak. Take a pound of fish

*Broadcasters, Note: You may want to adjust this price statement to your local market situation.

steak. . . wipe it carefully. . . then remove the bones and cut into sizes you plan to serve. To a half cup of milk, add salt, pepper and paprika. Have a cup of broad crumbs at hand. Now dip the fish in the seasoned milk, then in the crumbs. Bake it in a greased baking dish -- a shallow one's best -- oven moderate -- from 350 to 375 degrees -- about 25 minutes. This serves four. Oh yes -- be sure to have some lemon wedges around the dish you serve it from.

To make this economical main dish look as good on the table as it tastes, be sure to have a colorful vegetable -- Harvard beets with their sweet sour sauce are naturals. Then you might round out the rest of the dinner with creamed potatoes, new cabbage slaw -- and, for the end of a perfect meal, I suggest peach puree and cookies.

Chilled peach puree is easier than pie to make. All you do is put dried cooked peaches through the potato ricer and then chill the puree in your refrigerator. Its beautiful golden color alone will bring whoops from the whole family.

And-- you'll have the private satisfaction of knowing you've saved a neat little sum of money on this satisfying dinner. A point definitely not to be overlooked these days when families are paying two dollars and ten cents for food that would have cost only one dollar in 1933 to 1939!

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WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Saturday
April 17, 1948

ATTENTION: Women Broadcasters

These days it's considered old-fashioned to serve apple pie for breakfast, even though some hardy New Englanders once considered it part of the morning meal. . . and just as outmoded is the custom of planning dinner in terms of choice steaks, chops and standing rib roasts. Many really fashionable women are even serving low-priced cuts of meat or, dishes made with a little meat and some extenders. . . at large and swank buffet suppers!

And so for a 1948 dinner table, how does this menu sound? . . . Baked ham loaf with pickle relish, escalloped potatoes, savory green cabbage, crisp carrot curls, celery hearts, warm gingerbread and ambrosia.

I'll tell you how really deluxe ham loaf is made in just a minute. But first, I want to point out that meat loaf is modern and fashionable. It's a double-edged economy because, you see, it can be made with cheaper cuts of meat, and besides, meat flavors permeate through the extenders you use with it.

By "extenders" most of us mean bread crumbs. But have you thought of the other extenders. . . for instance, soya grits. Three-fourths of a cup of these to a pound of ground meat makes a delicious extender. I mean, of course, when they're bound together by milk or stock or your favorite soup. Cooked rice is another extender favored by many women. A half cup of dry rice, as you know, gives you about one and one-half cups of cooked. Well, boiled in stock or in water to which a bouillon cube has been added, rice extends a very small portion of meat into a sizeable loaf. What's more, all these extenders extend that dollar bill!

Now maybe you'd like the recipe for our New Lock ham loaf. It's really ham and beef. And remember cheap cuts of each are just as good for this purpose as the more expensive ones. All right. Ready? Three-fourths of a pound of ground smoked ham is all you need -- and this can be a slice of picnic ham -- one and one-fourth pounds of ground beef- - and remember this can be something

cheap like lean soup meat, for a cow is a cow so far as protein is concerned! Now take one cup of bread crumbs, the soft kind, one eighth teaspoon paprika, one eighth teaspoon pepper, three-fourths teaspoon salt and one and one-fourth cups or one can of tomato soup. Mix all these ingredients well. Place in a greased pan and bake in a moderate oven, 350 degrees, for one hour. There. You've enough of this delicious looking and good tasting loaf to serve eight -- or, to serve a family of four for two different days! If somebody in your family takes lunch along, or, somebody does a Dagwood -- feels a midnight urge for a snack, this meat loaf is just as good and healthful cold as it is warm.

By the way, don't feel you must use tomato soup for your moistener. It does add a zippy flavor but savory stock or mushroom soup is just as tasty. Especially if instead of the beef, for instance, you have some left-over veal you'd like to substitute.

The dessert for this meal -- ambrosia -- is as the name implies, exquisite to look at. . . easy to make. . . and it's healthfully good in the eating. In fact, it's just the right light touch to top off the ham loaf. All you do is arrange orange segments and banana slices with a topping of coconut shreds.

And so if there's an old-fashioned man in your house. . . one who might like apple pie for breakfast. . . or cling to the idea that steaks and chops have no equal. . . try him out on this ham loaf. Its goodness and economy ought to sell him.

UNITED STATES DEPARTMENT OF AGRICULTURE
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CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Sunday
April 18, 1948

ATTENTION: Women Broadcasters

Call the men Anthony and Donald. They were on a train the other day and were in an animated discussion. First they touched on the international problems that are making headlines these days. And then they exchanged views on domestic issues. Finally when the conversation had lapsed into one of those comfortable silences that only real friends know, Anthony said, "You know, my wife Lois, isn't just a housewife. She makes a real business of running our home. She's an executive of the home, really." Then pridefully he added, "If every woman in this country made food dollars stretch as she does, we wouldn't have half the problems -- like inflation here and hunger across the waters."

Donald replied, "Marge is like that, too. I mean she can add what she calls an inexpensive stretcher to a more expensive food and turn out a king's dish."

Today's menu is right in line with Marge's rule and with that other motto of sensible modern women -- go easy on scarce foods because they cost more than foods that are plentiful.

The main dish of our menu is chicken Italian style. . . For this you might get a five-pound stewing hen which will be good for three meals if you follow the recipe I'll have for you in a second. There are plenty of stewing hens on the market now and so they are much cheaper than the scarcer young rfowl.

All you'll need for the Italian dish is one and one-half cups of the cooked, stewing chicken. You can use the rest of that good stewed hen in potatoes stuffed with chicken for another meal and perhaps chicken risotto for a third meal.

Well, anyway, let's get our ingredients down. . . and then we'll see how to put them together. We'll start with three tablespoons of chicken fat. Then one-fourth cup chopped onion. . . one-half clove garlic, if you want it. . . three tablespoons of flour. . . one and a half cups chicken broth. . . salt and pepper . . . one and a half cups cooked chicken. . . three-fourths cup canned tomatoes . . .three-fourths cup grated cheese. . . one and a half cups dry spaghetti, broken in two-inch pieces and cooked. . . and one-third cup of crumbs.

And now the directions. First heat the fat. . . and add chopped onion and garlic and fry slowly until slightly browned. Then add flour. Blend slowly with chicken broth until it is thickened. . . and season. Add the cooked chicken, cut in pieces. . . the tomatoes and half a cup ofthe cheese. Arrange the chicken mixture and the spaghetti in alternate layers in a greased casserole. Top with crumbs mixed with a little chicken fat and a fourth cup of the cheese --the cheese you didn't use in the casserole mixture. Bake in a moderate oven . . . 350 degrees Fahrenheit. . . about 25 minutes. This recipe is enough for four -- but be warned. The family may demand a repeat performance for this Italian version of chicken. The dish is that good! And you will have left-over chicken.

A minute ago I mentioned potatoes stuffed with some of that good cooked stewing hen. This is so simple and good it could be called the ideal chicken left-over dish. All you do is cut the tops from four baked potatoes. . . scoop out the centers, mash the potatoes and season them well. Add just enough milk to moisten and then add one cup of cooked chicken. After this is well mixed, refill the potato shells and brown them in the oven. These combined with baked onions and peanut butter sauce, green beans, grapefruit salad and cheese cake will make <u>your</u> husband proud of <u>his</u> executive of the home.

UNITED STATES DEPARTMENT OF AGRICULTURE
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CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Tuesday
April 20, 1948

ATTENTION: Women Broadcasters

Remember the story of the cat that killed the rat that ate the malt in the house that Jack built? It is a story about the links in a chain that seems endless to every child. One is reminded of that old nursery favorite these days when one considers meat. . . This is the meat that's priced up there -- that supplies the protein -- that builds the fluids and tissues of the house of the human body. It doesn't, the paraphrase I mean, swing with rhyme of the old nursery story but then neither do housewives' nerves these days. Selecting foods to keep the family's health isn't easy with the prices of so many foods on the high side. But most homemakers are going to see to it, just the same, that the family gets sufficient protein every day -- if not from meat, then from some other protein-packed food.

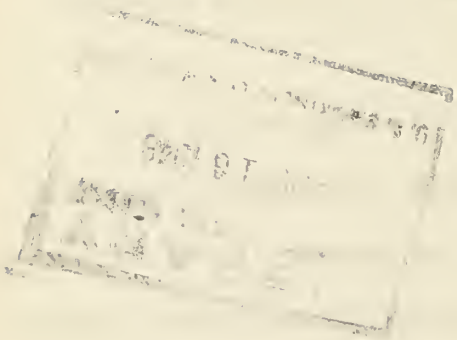
Here's an idea that may help you for today's dinner. It's a main dish that calls for no meat. . . yet it contains about as much protein as a pound of beef, such as rump, with only a moderate amount of bone and waste.

The dish is -- eggs baked with rice and cheese. . . here's how you prepare it. . . stir one-half cup of dry rice into three-fourths to one cup of rapidly boiling water. . . salt the water. . . Now let it come to a boiling point, then lower the heat until the water bubbles. Cover it. . . kind of loosely. . . and cook it over slow heat for 15 minutes. Now take the kettle off the burner and let it stand covered tightly this time for another fifteen minutes or so. Reason for this. . . the rice continues cooking -- in its own steam. The next step is to mix the rice with two tablespoons of melted table fat and one-fourth cup of grated cheese. . . season with salt, pepper and paprika. Now line four custard cups with this mixture. Break an egg in the center of each rice nest and pour a bit of milk over each -- one-half cup of

the milk will do for the four custard cups. Dash some salt, pepper and paprika on this and cover each sunny side up (pun intended) with bread crumbs. One-half cup crumbs is sufficient for all four. Now you're ready to place the custard cups in a shallow pan half filled with hot water -- bake them in a moderate, about 350 degree, oven until they're firm. About twenty-minutes, or so will do it. Serve these delicacies with cheese sauce. Easiest way to make this sauce is by simply adding three-fourths of a cup of shredded cheese to one cup of white sauce and heat until melted.

Perfect additions to round out this main dish into a man-sized dinner are -- escalloped tomatoes, mixed vegetable salad, and baked apple dumplings. A good and filling mixed vegetable salad can be made by combining cooked lima beans, celery and carrots on crips lettuce. . . This is best with a French dressing.

The menu given will please the family -- and you -- But what's also important -- you'll get a satisfaction out of knowing that by using eggs and cheese in place of meat you're helping to relieve the problem of our shrinking meat supplies. Gives one a good feeling to know one's efforts aren't entirely selfish!



UNITED STATES DEPARTMENT OF AGRICULTURE
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CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Wednesday
April 21, 1948

ATTENTION: Women Broadcasters

You may be highly individual, very original, and you may be the best poised, most "well-integrated" of women. But I'll wager my coat to your compact that at least once a week you've said out loud, or thought, something like this -- "I get so tired of wondering what to have for dinner every night" --- Or, "I'm just beside myself because little Alice won't eat the food that's put before her," --- Or, "Honestly, I wonder sometimes how in the world I'm going to make ends meet with the prices the way they are."

Well, I've a solution to all three of those familiar problems -- the solution is all rolled into one -- menu. Start with the first question. What shall you have for dinner? How does this sound -- Sausage Roll-Ups, Fried Apple Slices, Fresh Beet Greens With Tiny Whole Beets and Mustard Sauce, Tomato Jelly Salad, Banana Trifle.

It's almost a sure-fire bet that little Alice will eat that food if it's put before her for it looks as good on the table as it tastes.

Your third problem is also solved through this menu -- you can make ends meet by extending meat -- and this time the extender is outside the meat, not in it -- golden brown griddle cakes rolled around savory sausage.

Here's how to make the Sausage Roll-Ups -- First, take a pound of sausage and shape it into eight small rolls. Sprinkle them with flour and brown them in a skillet -- without fat, by the way. Reduce the heat and cook the sausage rolls until they're done. While the sausage is cooking, make the griddle cakes . . . and here's a good recipe . . . that makes eight to 12 cakes. Combine one half cup of flour, one-fourth cup of finely ground cornmeal, one teaspoon baking powder, one-half teaspoon salt, one-half tablespoon sugar. Now, in another bowl, combine one egg, beaten . . . one-half cup of milk, one tablespoon of melted fat. Add this gradully to the dry ingredients, stirring only

until the batter is smooth. Bake the cakes on a hot griddle.

Now, roll a pancake around each sausage roll and fasten with a toothpick. You'll find little Alice will eat her share -- two sausage rolls -- for this recipe allows for two to each member of your family of four.

And you'll find even Alice will want a second helping of Tomato Jelly Salad, too. And on this point, may I suggest that canned tomato juice is plentiful now -- has just as much nutritive value as those fresh tomatoes at 25 cents a pound. If you watch your grocery counters carefully, you'll see that often a 46-ounce can of tomato juice is less expensive even than the smaller ones. At that, an 18-ounce can is selling at ten and a half cents or two for twenty-one cents right now in many localities. *

A Banana Trifle such as I suggested for dessert is a trifle in name only. Or, maybe it's called that just because it takes only a trifle of time to make. All you do is put some slices of banana on cake crumbs or, on a thin slice of cake, and cover with a soft custard . . . topped if you like by fluffy white shredded coconut.

There -- with this dinner -- you've made ends meet, you've given little Alice something new and different which is often the way to help increase a child's interest in food -- and you've answered the age-old question of every homemaker -- "What shall I have for dinner tonight?"

*Note to Broadcaster: You may want to use local prices in this paragraph.

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Thursday
April 22, 1948

ATTENTION: Women Broadcasters

There are more ways than one of skinning a bone! The next time you buy a rolled roast ask your butcher for the bones. . .when he bones your roast for you. You'll have the start of an excellent low-cost meal I'm going to tell you about. And, if you buy an out-and-out soup bone such as a shin of beef, ask your white-coated friend behind the counter to saw the bone into pieces. You get the full flavor of the bone marrow in your soup that way.

And it's soup I want to tell you about today. . . a tasty, filling vegetable and meat soup for your main dish. . . but first let me suggest your complete dinner menu. Thrifty Vegetable Beef Soup -- Shredded Carrot, Apple and Raisin Salad -- and for dessert, Chocolate Waffles with syrup.

Now for the recipe for the main dish -- the vegetable beef soup. . . and incidentally, I know that this happens to be the favorite main dish of a certain well-known fashion expert in New York. . . indeed she serves it in low, squatty bowls for company! You'll need two pounds of beef shank. . . two tablespoons of drippings. . . two quarts of cold water. . . salt, pepper, one-fourth cup of barley. . . two medium onions, sliced. . . four outside stalks of celery. . . two medium-sized potatoes, sliced. . . one cup of shredded cabbage. . . two cups of canned tomatoes.

Cut the meat from the bone in serving-sized pieces and brown it in the drippings. Cover the meat and don't forget to put the bone in the cold salted water, too. . . then let this simmer until it's tender. Then remove the meat . . . and the bone from the broth. When the broth is cool, skim off the fat. Then put the broth back on the fire and let it come to a boil. Add the barley and when it boils again, add all the vegetables excepting the tomatoes. Cook until the vegetables are tender. . . add the tomatoes and let it all simmer again. While the vegetables cook, brown the meat again in its own drippings.

Friday dinner. For dessert. . . well, we like orange upside down cake. And

This second browning gives added flavor and color. Serve the meat in bowls of the hot vegetable soup. There's plenty in this recipe to serve four.

The best cooks know that slow cooking brings out the flavors of meat . . . especially is this true of soup. Gelatin from the bone and from the connective tissues enrich the flavor of soup. But here's a tip. Although the bone and meat should be cooked slowly for the best flavor, the wisest cooks will make their stock the day before. By doing this, the stock is good and cold by the time you start your soup the next day, and the fat can be lifted off easier. Besides, there won't be any little chunks of it in the soup this way. Oh, and by the way -- remember that you can use that skimmed-off fat for other cooking.

If you've bought a large shin bone, there'll probably be enough meat left over for another meal. Use all you need for the soup and then another day use the left-over for a good crusty meat pie, or, for a meat casserole with noodles.

Yes -- there's more than one way of skinning a bone -- and more than one way of protecting your pocketbook against inflation.

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Friday
April 23, 1948

ATTENTION: Women Broadcasters

In the spring. . . a woman's fancy will probably turn to what she's been thinking about all winter. . . how to put good meals on the table without exhausting family finances. But spring works with the women folks to this end. Indeed. . . spring comes with many gifts. While the countryside bursts with blossoms. . . April brings garden-fresh vegetables from our southern States. Now they're coming to market in large enough supply that thrifty housewives can afford to buy them. And so we have menu variety at reasonable cost.

April has other gifts. . . such as larger landings of fish. . . which mean more abundant choices at your fish market. And abundance means better prices on fish. . . a boon to the family food budget. April, for instance, is the season for East Coast mackerel. Fresh or frozen mackerel comes comparatively cheap in most sections of the country. For it may run as low as 29 cents a pound. Now I'll confess that whole mackerel is about 50 percent waste. . . counting the head and tail and so forth. But at 29 cents a pound, it's still a good buy. It costs you. . . in the long run. . . about what you'd pay for lean chuck beef.

So . . . let's just try mackerel for a Friday dish. Let's bake this flavorsome fish to a succulent brown. . . and keep it moist in the oven with tart French dressing. And let's put those April vegetables to work too. We might scallop new potatoes in a creamy white sauce. . . and then have tossed green salad -- chilled and crisp.

We'll draw on the canned goods on your shelf for the other vegetable. . . and call up good old stewed tomatoes to bring their scarlet tang to our Friday dinner. For dessert. . . well, we like orange upside down cake. And

so will everyone at your table. . . when this golden cake is set before them topped by orange slices crusty with brown sugar.

And how to prepare the mackerel? I suggest a two-pound mackerel for serving four. You'll need to split and bone the cleaned fish. . . after removing head and tail, of course, place the fish skin side down on a greased baking sheet. . . and season with salt and pepper. And here's where the French dressing comes in. . . for you brush it lightly with the dressing. . . and then bake in a moderate oven. . . 350 to 375 degrees. . . for about 40 minutes. You'll get that final browning in a jjiffy by placing the fish under the broiler a few minutes just before serving. And don't forget lemon wedges for tart flavor.

Don't let my suggestion of mackerel for today keep you away from using other good fish "buys" in the market. You might prefer buck shad or rock fish or some other fish that has a low price on it at the seafood counter. If you choose one of the dry-fleshed fish with less fat than mackerel. . . keep it moist in the baking with a generous amount of French dressing, mayonnaise or fat. Our mackerel for today doesn't need as much French dressing as "lean" fish, such as haddock, halibut, flounder, sea bass, white fish and trout.

Yes, it's the time of year to employ plentiful fish and new vegetables in meal planning. As spring cooperates with the thrifty housewife. . . so we can benefit by using the plenty that a new growing season brings. It's just taking advantage of that good old economic law -- that the most plentiful foods come at the best prices.

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Saturday
April 24, 1948

ATTENTION: Women Broadcasters

Perhaps the New Englanders are responsible for it. But there's something about a hearty soup for dinner that allows us to be informal. . . and just as thrifty as we please. It's the Boston folks, you know, who gave us clam chowder. . . a soup sturdy enough for a main dish, that glorifies the simple and the economical.

We think today's main-dish soup falls in the same category. And we think it's a specially happy idea for Saturday night supper. . . soup low-cost enough that you can afford to have company for dinner. And soup that you'll serve pridefully to your friends. . . or the children's young acquaintances. This Saturday, let's make it split pea soup. . . green as spring and sturdy with savory frankfurter slices floating on top. It's a European idea. . . adding flavorsome meat to split pea soup. But it makes American good sense to us in these days of expensive food.

Dried peas are just about 15 cents a pound. If you're serving four, all you will need is half a pound of peas. And that's just eight cents worth of peas for the soup. . . a matter to note, my economical friends. Of course, there are franks to buy for the soup. But price a pound of franks. . . and you'll find them about the same as a pound of chuck. And franks give you more meat for your money, since there's less waste. Anyway, you can keep the meat slices thin.

Now our split pea soup will play host to other meats. . . instead of the frankfurters. You may prefer slices of luncheon meats. . . bologna or ham sausage, for instance. Choose the meat your family likes best. And remember the meat helps make the pea soup hearty as well as tasty.

I have a dandy recipe for split pea soup. . . one flavory with salt pork and onion. If you'd like to take it down, I'll list the ingredients for you right now. Start with a cup of dried peas. . . which is just about half a pound. Then you'll need two quarts of water. . . one-fourth pound of salt pork. . . one onion. . . three celery stalks. . . one tablespoon of flour . . . two tablespoons of water. . . and some salt and pepper. Soak the dried peas overnight. . . one cup in a quart of water. . . as you would soak navy beans. In the morning, add another quart of water, the salt pork, onion and celery. Simmer until peas are tender. Remove salt pork and press the peas through a strainer if you like smooth soup. Add one tablespoon of flour blended with two tablespoons of water to thicken it and keep the pulp from settling to the bottom. Season with salt and pepper. Add 12 thin slices of frankfurters. . . and heat through again so both the franks and soup will be steaming hot.

Our Saturday informality means we can have potato salad. . . tangy with onions, or the milk variety. . . whichever your family prefers. We do suggest slices of tomato jelly with the potato salad. . . the tomato touch that adds flavor and color to any meal. And so dinner is complete except for dessert . . . for we're keeping things simple. . . just as the New Englanders with their chowder dinners. And dessert? Let's try hot deep-dish apple pie with a crumble crust.

There. . . we've achieved simplicity and thrift for Saturday night supper. It's enough to make us want more Saturdays in a week. And that's an idea, too. For main-dish soups save you time and money any day of the week.

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Sunday
April 25, 1948

ATTENTION: Women Broadcasters

All the world loves a bargain...especially women! In this era of high prices, bargains don't seem to grow on trees. And so we womenfolks are learning to be satisfied with just reasonably good buys...instead of bargains.

There are good buys, too...good food buys. Government home economists bear us out in this. In their study of the Nation's meat situation this spring, they've come to the conclusion that one of your good Sunday dinner buys is a stewing hen. Of course, they bow to America's love for "chicken every Sunday" in this choice. But indeed they have their eye on prices. For stewing hens are plentiful...and moderately priced.

Furthermore...they say you can have southern fried chicken this Sunday without the more costly purchase of a spring fryer. How to do it? Well, they recommend slow tenderizing of a stewing hen...and then frying to that crispy browness that inspires all lovers of Southern cooking. And the result...they explain...is a 1948-type food bargain. For it's delectable eating at really moderate cost.

The secret of economy with a stewing hen is extended meat dishes...making the chicken flavor go a long way. Thrifty housewives figure they can make a five-pound hen do for three meals...counting four persons at each meal. They might have this southern fried version for the first meal--on Sunday. Then to chase away the blues on Monday it's golden brown waffles with creamed chicken...and perhaps a few hard-cooked egg slices to make the creamed chicken go farther. And for a third main dish...chicken salad...combined with mild-flavored celery and cooked peas.

There's magic financing in this extending business. For by stretching the meat you cut costs for each meat serving. And you can serve a stewing hen for about 16 cents a serving. Stewing hens are selling for 39 cents a pound in many markets. So a five-pound hen would cost about $1.95. Figure three meals for four persons and 16 cents is your figure per individual serving. 1/

Here are the directions for "frying" our stewing hen for this Sunday dinner. And I suggest you start with a four to five pound hen. First, cut the chicken in pieces and make two breast pieces. Simmer in salted water until the meat is tender. Then cool in broth. Take out four of the meaty pieces for frying--say the two breasts and the two thighs. Salt them lightly, roll in flour, and brown slowly in fat. And then let's make a wonderfully brown chicken gravy. There'll be fat left in the pan after the chicken is browned. If there isn't much, add enough fat to make two tablespoons. In this fat brown two tablespoons of flour for gravy. Add one cup of broth in which the chicken was cooked and a half cup of milk. Stir until thickened...so it's rich brown chicken gravy...more chicken flavor for a sturdy meal.

Dry, fluffy rice...rice that's such a happy idea for many meat extending dishes...can be served with the chicken. Rice extends the chicken flavor if you blanket it with the steaming chicken gravy. Round out the meal with garden peas and shredded carrot and apple salad. For dessert, cherry tart has tangy appeal for every member of your family.

Whether you classify stewing hen as a bargain or just a good buy...the folks at your table won't know you've been bargain-hunting. Fried chicken...creamed chicken and waffles...plus crispy chicken salad...that's luxury--not bargain counter--eating.

1/ Note: These prices are for Washington, D. C. You may want to use prices current in your local markets.

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Tuesday
April 27, 1948

ATTENTION: Women Broadcasters

Let's vary an old picnic favorite and have deviled eggs for a main dish. Only let's give the devil his due. . . and serve the eggs piping hot. We'll make the eggs more hearty, though. For a tangy cheese sauce gives us the extra protein we'll need. Hot deviled eggs with cheese sauce. They'll be especially filling when each egg is snuggled in its own nest of mashed potatoes. Isn't that a wonderful way to use up left-over potatoes? Just make fluffy little mounds of hot mashed potatoes. Indent the center to form a nest and brown them lightly in the broiler.

Most of you know how to make deviled eggs. . . so I'll just run through the directions. Cut hard boiled eggs in halves, lengthwise. Remove the yolks. Mash them. Now add vinegar and seasonings. One teaspoon of vinegar for four eggs. One fourth teaspoon of dry mustard, the same amount of salt and a half teaspoon of Worcestershire sauce. Then mayonnaise. . . three tablespoons. Pack this yolk mixture into the halves of the egg whites. Sprinkle with paprika and slip the eggs into the potato "nests."

And as for the cheese sauce, here's a recipe that will make this egg dish stick to the ribs. You'll need. . . and again these quantities are for four people. . . three tablespoons of fat and three tablespoons of flour. One and a half cups of milk. A half teaspoon of salt. And cheese. . . three-fourths of a cup. The sauce is really quite simple to make. Just melt the fat, blend the flour in. Add cold milk and salt. Stir this mixture until it thickens. Last of all put in the cheese. . . but cut it in small pieces first. Stir until the cheese melts, and you are ready to pour the sauce over the eggs when the eggs and the cheese are nicely re-heated together.

As side dishes to serve with these hot deviled eggs, our food experts suggest green beans. . . and a prune and orange salad. For dessert let's have something hearty. . . Pumpkin pie. . . the pumpkin filling rich with eggs and milk. That will round out this meatless menu to a sturdy meal. Canned pumpkin and eggs are both in the plentiful class right now. You may even find a grocer who has a "special" on canned pumpkin. Take him up on it. A dessert so universally popular in November surely deserves to be repeated in the spring.

Is the high cost of living playing the old nick with your pocket-book? It seems to me we're all complaining about that. Well, then, isn't it up to us to do everything we can to save the pennies? So here's another economy note. You can use grade B eggs for today's deviled egg dish. The raw whites are not quite as firm as those of grade A and the eggs may have a little less delicate flavor. But their nutritive value is just as good.

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Wednesday
April 28, 1948

ATTENTION: Women Broadcasters

Are you economy minded? Here's a test for you, then. Try it when you stand in front of the meat counter. Ask yourself. . . How many meals do you see in a piece of meat?

For often it's money saving. . . and time saving, too. . . to buy meat that lasts for two or three meals. A meaty fore shin of beef may be just that sort of buy. And sometimes a generous sized pot roast is a thrifty purchase too. But the trick is to have some left over. . . not to "spend" all your meat at once.

Suppose we do get a meaty foreshank of beef. . . a cut toward the shoulder. Let's take a look at some of the different things we can do with it. The first meal may well be individual meat loaves. . . and that is what we're featuring as today's main dish. In just a minute, I'll give you the recipe for these hot savory little loaves with crusty outsides. Anyway, we give the soup bone a long slow cooking with onion, carrot, cloves and parsley. And the end product is cooked meat for the meat loaves.... plus a flavorsome soup which goes for a hearty main dish on another day.

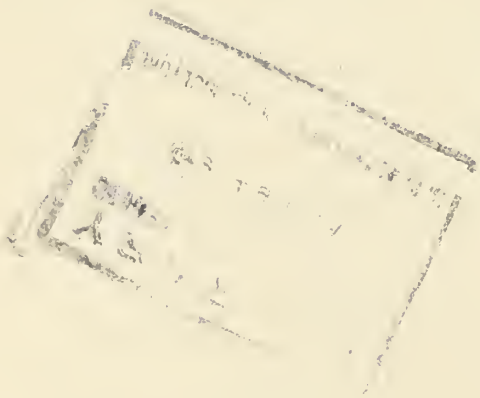
For making these meat loaves you will need one and a half cups of cooked ground beef. That should be enough to serve four people. You'll use an extender, too. And I'm suggesting cooked oatmeal. Perhaps you have some left over from the children's breakfast. Use half a cup to mix with the meat. To this you will add one egg, beaten. The egg acts as a binder, and it boosts the protein a bit, too.

Radio Broadcast for Wednesday, April 28, 1948

For zest there's half an onion, chopped and two tablespoons of diced celery. A little salt and pepper, and then a fourth cup of catsup. Grease your muffin tins and fill them with the meat mixture. For baking use a moderate oven. . . say 350° degrees, Fahrenheit. In about half an hour the little "loaves" should be crusted over, and nicely browned. But they're not quite ready to serve. . . for they're not quite ready to serve. . . for they need something unusual and different by way of a sauce. Mushrooms, perhaps. Fine. . . you say. But this is a money saving meal! I can't grow mushrooms on my budget.

Ah. . . but let me passyou this tip. Here's how you can have an elegant mushroom sauce that's low in price. Use one of the prepared soup mixtures. Cream of mushroom soup has enough flavor and body to dress up each meat loaf for company dinner. And of course it costs much less than either canned or fresh muchrooms.

Isn't it surprising how we can vary our menus and still keep within the budget? Take the various types of meat extenders, for instance. Cereal foods are the least expensive. Like the oatmeal mixed with our meat loaves for today. But when you've only a little meat left you'll want to add other high protein foods. Eggs with a little ham, in a scramble. Milk to the cream sauce for lamb on toast. Cheese with the crumb topping on a beef and vegetable casserole.



UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Thursday
April 29, 1948

ATTENTION: Women Broadcasters

Are you having trouble making your food money stretch 'til the end of the week? Then this is a good time to get better acquainted with the economy cuts of pork.

Today, I'd like to introduce you to roast pork shoulder. Served browned and tender, surrounded by onions and in its own delicious gravy, it will look and taste like a more expensive main dish. Yet it will save you money. Rolled fresh picnic shoulder is cheaper than the more popular pork loin. Some days pork shoulder sells for eight cents a pound less than pork loan. Buy two pounds for a family of four, and you're ahead sixteen cents. 1/

Extra savings are possible too, when you cut down on the amount of meat in each serving. Ahhh. . . but you'll need a bit of strategy there. . . to avoid the appearance of a half empty plate. A stuffing for the pork roast is your answer. A delectable combination of pitted prunes and apples. What's more, the prune-apple flavor is so exactly right with the taste of pork!

Ask your butcher to bone the pork shoulder, and make a pocket for the stuffing.

And now the ingredients for the stuffing: about two cups of soft bread crumbs, one tablespoon of minced onion, 1 cup of diced apples, 1/2 cup of cooked prunes, 1/2 teaspoon salt, 1/8 teaspoon pepper and 2 tablespoons of melted fat. Mince the onion. Now put in the apples. Follow with the prunes. Be sure to seed them first. Next, salt and papper. Stir in the melted fat. Sprinkle the roast with salt and pepper, and you are ready to pile this

Note: 1/ These prices are for Washington, D. C. You may want to substitute prices current in your local market.

delicious mixture into the pocket. Fasten the edges with a skewer. . . or toothpicks. When this is done the pork shoulder roast is ready to place, fat side up, in an uncovered pan. Let it roast in a moderate oven (325°F) for about two hours.

Before the roast is done you'll want to put a few whole onions around it. The last forty minutes of cooking is the proper time for this. It's a good idea to parboil the onions first, though. . . five minutes in boiling salt water. Baste this inexpensive pork roast two or three times in its own drippings. And baste the onions, too. That gives them the beautiful brown glaze that bespeaks skillful cooking.

Baked sweet potatoes go well with a stuffed shoulder roast such as this. And a green salad. For dessert, then, it's nice to try something different . . . and cool. . . and economical, too. Grapefruit juice chilled in an ice cube tray. . , with bits of canned pineapple, plum and apricots. Chill until partly frozen. And you'll find it tastes as good as it looks. And the grapefruit juice is one of the foods that's cheaper than it was a year ago, in many markets.

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Friday
April 30, 1948

ATTENTION: Women Broadcasters

So you've tried fish every way, you think. Don't be so sure 'til you've heard about poaching. . .which is only partly related to that long-time favorite . . .the plump and dignified poached breakfast egg.

We'll do our poaching today on a fish. . . something inexpensive. . . such as fillets of pollock or ling cod, cod steak. . .or perhaps a whole fish like sea bass, dressed and boned. The effect of poaching is a little like steaming . . .for the fish is simmered in just a little water. And so naturally the fish that would otherwise be somewhat dry and flaky comes out moist and tender. And another thing. . . poaching is a wonderful way to make delicately-flavored fish more savory. We just add a little lemon. . . a bit of onion. . . and some celery to the poaching water. And there's sparkling flavor for our mild fish.

No, our fish for today shall not go to the table too gently-flavored. For it's even better tasting when served with a tangy sauce. You might use mayonnaise for this topping. . .or a piquant egg sauce with hard-cooked eggs. And I'll tell you how to make one in just a minute.

But first the fish itself. You might start with one pound of fish fillets . . .then some salt. . .three-fourths cup of water. . .four thin slices of lemon. . .one tablespoon onion, chopped. . .one tablespoon celery, chopped. . . three pepper-corns, if you wish them. . .and one bayleaf. After you've cleaned the fish, sprinkle it with salt. Place in a skillet and add the combined water, lemon slices, onion and celery. Cover tightly and simmer slowly for about 20 minutes or allow about eight to ten minutes per pound. When it's done, remove the fish carefully with slotted spoon or pancake turner so the tender pieces don't break. This recipe should serve four persons.

Now for the piquant egg sauce. Like to take it down too? It starts with fat . . .two tablespoons. Then two tablespoons of flour. . .one-half cup of milk . . .one-half cup of fish stock. . .one dill pickle, chopped. . .two tablespoons lemon juice. . .one tablespoon of parsley, minced. . .and one hard-cooked egg, chopped. It's easy to make. Just melt fat, add the flour and blend them together. Then add milk and fish stock and cook over low heat, stirring constantly, until thick. Put the seasonings in -- and serve it piping hot on the poached fish.

Your favorite jiffy-way to prepare potatoes. . .baking them. . .will help fill out today's menu. And why not broccoli for your vegetable! It's a nutritious green vegetable that almost everyone likes. Salad might be a tossed one. . .orange slices mixed with crisp, fresh greens instead of the vegetables more common to a tossed salad.

Now your dessert can be a model of economy and good eating. Those two things do go together. . .as every thrifty cook knows. The more costly dessert items can be stretched. . .just as we stretch the flavor of meats in casseroles and meat loaves and the like. Fruits tend to have higher price tags than many of our everyday foods. . .so we economize by extending fruit flavor with such low-cost bits as bread crumbs. So. . .for today let's make a raisin-applesauce pudding with a crumb topping. . .a good crumbly topping that's flavored with cinnamon.

And now that we've topped our poached fish with a piquant sauce. . . and our economy dessert with a spicy crumb topping. . . .t's a meal that's tops in good flavor.

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Saturday
May 1, 1948

ATTENTION: Women Broadcasters

The festivity. . .the dancing. . .the music. . .are traditional ways to say welcome to May but many homemakers will be looking for ways to say it with food. . . In the kitchen, we womenfolks are ready to give May a joyous welcome with the best we have. A T-bone steak or a costly chop is hardly good enough for this wonderful first day in May. . .but alas these are not budget items. Nor are they very helpful in our nation-wide campaign to conserve our shrinking red meat supplies.

And so we seek a dish that's delectable enough for May day. . . but one that goes a little easy on meat. Fortunately, the recipe books are bursting with just such ideas. . .for, world-over, skilled hands at the stove have learned to be the master of food shortages.

We like gently-flavored lamb stew for dinner this Saturday. And we think it's a happy spring choice when blended with sugar-sweet green peas and little new potatoes. . .a meal in itself, which makes menu planning fairly simple. The lamb, by the way, can be an economy buy. You'll save money by buying shank, neck or breast for the stew. Just use the lean pieces of the meat and trim away the fat before cooking it. Even though you pay for bone, it's a meat buy to fit a limited budget. For breast of lamb is less than 20 cents a pound in many markets.

For serving four, I suggest you buy two pounds of lamb breast. . . or perhaps shank. . . for this stew. You can count on about a pound of lean meat from this two-pound purchase. Here are the other ingredients. . .which you may want to write down. First, the two pounds of lamb. Then salt and pepper. Three cups of boiling water. Celery and parsley leaves. Eight small new

potatoes. One and a half cups of new peas, shelled. One and a half tablespoons of flour. . . and one and a half tablespoons of fat.

After you've trimmed the fat and bone from the lean meat, cut the meat into cubes. Then season it, add boiling water. . . and the celery leaves and parsley for seasoning. Simmer until the meat is tender. Add the scraped new potatoes and, when these are half done, add the shelled peas. When the vegetables are done, blend together the fat and flour. . .and combine with the broth in which meat and vegetables have cooked, stirring until the mixture thickens. You should have about a cup and a half of broth, by the way. And there's your mild lamb stew. . . a spring treat different from those rich brown stews we make with onions and carrots.

Call on salad and dessert. . . and dinner is done. A baby beet salad is always a good idea. You can toss the beets with leaf lettuce and top the salad with cheese dressing. . . made in a jiffy by crumbling snappy cheese in French dressing. Rhubarb snow with a chilled custard sauce for dessert. . . and some crisp cookies. . . may wind up your meal. The rosy tartness of rhubarb gives a real spring touch.

There's delicacy in our May menu. . . a light stew with mild vegetables . . . and a light hand on the seasonings. And with our economy cut of lamb . . . we've made just a gentle touch on the family purse.

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Sunday,
May 2, 1948

ATTENTION: Women Broadcasters

I don't know one of my women friends who wouldn't say "amen" to this pet theory of mine. . .that picnics are no fun if they're too much work. In fact, my ideal picnic is simple to prepare at home. . .and it's even simpler to get ready once you're out in the open air.

And so....I believe in conservation picnics. . . conserving energy for a good time with the family. . . and that all-important conservation of food itself. For 1948 is no year for wasteful outdoor meals. . .the old-fashioned kind with more food than anyone could eat, you know. . . that meant throwing away food. In the first place, food is too expensive this year. And in the second, all the world needs American food too desperately. . . no matter how good foreign crops turn out to be.

Let us say this first Sunday in May calls for a family outing. If a picnic is on your schedule here's a conservation menu you'll appreciate. And this one is designed with goodness in mind, too. For it's also going to be the family's Sunday dinner. We'll start with chicken salad. . .and I have the recipe for one here that goes easy on the chicken, just for economy's sake.

We'll carry out the conservation idea with buns instead of sandwiches. There's nothing new about buns for a picnic. . .but did you ever stop to think how they prevent wasted bread? Those you don't eat come home, ready to use another day. Soggy sandwiches are more likely to be thrown away if they're not eaten. And buns conserve your energy, too. Pop them in a picnic basket . . .and let the family make their own favorite sandwiches.

Early season picnics often call for something hot. And of course the thermos jug comes in handy here. We think your Sunday picnic will have a royal beginning if you carry piping hot pea soup in the thermos jug, something to warm the youngsters, especially if the wind is a bit chilly. Add a casserole of escalloped potatoes, a few crisp carrot curls, and hearty raisin-filled oatmeal cookies plus some assorted fruit. . . that's a sturdy picnic meal. The work is done for this picnic before you leave home. . .and the meal is readied out-of-doors with only a few twists of a lid and unwrappings of wax paper.

But I promised you a chicken salad recipe. And here it is. It's one and a half cups of cooked chicken, cut in pieces. . .salt and pepper. . . one-fourth cup of sweet pickles, sliced. . .one cup of celery cut in pieces . . .two hard-cooked eggs, sliced. . .some cooked dressing. Just mix the ingredients lightly with the cooked dressing. . . chill. For an attractive salad bowl, line the bowl with lettuce before filling with the chicken salad. Then garnixh with egg and pickle slices.

So there's your picnic. . .1948 model. Today's version is a little special because it's Sunday. But so long as it's food you can bring back home and finish eating the next day. . . your picnic is in style this season.

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Tuesday
May 4, 1948

ATTENTION: Women Broadcasters

In the popular warning not to "take any wooden nickels" we are reminded that discriminating people don't accept worthless substitutes. That's good enough advice, don't you think? It assuredly makes good sense in this business of planning meals. For no matter how high food prices get, we womenfolks don't like to serve inferior meals to our loved ones. We believe in variety . . .and alternate choices. . .but we just don't want to substitute the poor for the good.

That's why so many of us hesitate about meatless meals, even if they do have the shining virtue of economy. But on this subject let's do a little clear thinking. Let's take good alternates for meat. . .without accepting the second-rate. And the difference? Well, an alternate has just as much protein, as much nourishing food value. And it's first-rate for eating.

I suggest for an example. . .oven-cooked egg croquettes. Fashioned with eggs and macaroni. . .two foods which stick to the ribs. . .they're hot and crispy when they come from the oven. The children especially will find them delightful. And they're certainly a treat when served with tangy red tomato sauce. Want to know the recipe? I have it right here. . . a recipe serving four persons. The ingredients include two teaspoons of minced onion. . . two tablespoons of diced celery. . . two tablespoons of melted fat. . . four tablespoons of flour. . . one cup of milk. . . three-fifths cups of dry macaroni broken in small pieces. . .four hard-cooked eggs, chopped. . .two teaspoons of parsley, chopped. . .salt, pepper and other seasonings. . . and lastly, fine dry bread crumbs.

Begin by browning the onion and celery slightly in fat. Blend in the flour, add the milk and cook slowly, stirring until thickened. Then add the macaroni, eggs, parsley and seasonings. And chill in a shallow pan. Shape the mixture into croquettes and roll them in crumbs. Place on a greased platter and bake in a moderately hot oven. . .375 degrees Fahrenheit. . . for 30 minutes.

The oven-cooking takes less fat than you use for deep-fat frying in prewar days when fats were more plentiful.

Round out your menu, if you please, with mixed spring greens for a vegetable, cottage cheese flavor-brightened with chives or young green onion tops for a salad, some carrot curls, whole wheat muffins, and blueberry crumb pudding for dessert. Here's a money-saving meal that's inferior to none. It's just chock-full of nutrition. . . so that no one at your table misses a thing at this meatless dinner.

Take special note of the cottage cheese for salad. This is the plentiful season for cottage cheese. . . and furthermore it's down in price. Even better. . .it's a wonderful choice for meal planning because it's so protein-rich. There's as much protein in one and a fourth cups of cottage cheese as in a pound of beef with a moderate amount of bone and fat. And one and a fourths cup of cottage cheese is only about 15 cents' worth. . . a cheap enough protein purchase. 1/

Cottage cheese is just one of the dishes which takes this Tuesday dinner out of the substitute class. No, you won't be taking any wooden nickels if your meatless dinner is rich with wholesome foods like egg croquettes, cottage cheese and whole wheat muffins.

1/ Note to broadcaster: You may want to substitute a local price for the figure given.

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Wednesday,
May 5, 1948

ATTENTION: Women Broadcasters

The cartoonists. . .and the writers, whoever they are, who create our jokes for us. . .have a lot of fun with the high cost of living. And there's nothing amiss, I guess, in having a sense of humor about today's high prices. .

But none of us need to be told there's a serious side to the picture, I'm sure. We womenfolks are naturally making serious attempts to fit high food prices into slim food budgets. And we know that one important way is to buy and prepare meat wisely.

Government home economists suggest you get better acquainted with some of the lower grades of beef. . .U. S. Grade Good or Commercial. These are conservation grades. The farmers who produce them are saving grain. . .which is in such great demand as a food for the hungry overseas. And you save money when you buy these grades.

These same home economists say there's savory eating in a chuck roast, for instance, that's Grade Good or Commercial. It takes skilful cooking of course. . .long, slow simmering in a little water in a tightly covered container. And they prove their point with this recipe we're suggesting for Wednesday. . . a steaming beef pot roast with dumplings glistening in rich brown sauce. There's added goodness in the onions and carrots which extend the meat. So let's just see how this beef pot roast is put together.

For serving four, you should buy a two-pound beef chuck roast. The other ingredients. . .one-eighth pound salt pork. . .salt, pepper, and flour. . . two tablespoons of cooking fat. . .one-half cup sliced onion. . .one teaspoon of parsley. . .three cups water. . .and six carrots, cut in half.

Now you can add flavor and richness to the pot roast by "larding" it. . . which means to insert strips of salt pork with a larding needle. If you don't have this gadget, just cut slits in the roast and lay in strips of the salt pork. Then season the meat, dredge with flour and brown it in fat. Add onion, parsley and water. Cover and simmer two hours, until the meat is tender. Then add carrots and cook a half hour longer.

The dumplings? Well, make them by your favorite recipe and drop from a spoon into the broth. Then cook for 15 minutes more in a tightly closed pan without lifting the cover. Serve the meat surrounded by the dumplings. The gravy you may wish to thicken slightly. When it all comes piping hot to the table. . .there'll be no economical look about the savory pot roast with its border of fluffy dumplings.

Try a dish of turnips for an added dinner vegetable. . .and an escarole salad with horseradish dressing for a tangy touch. Appetites will be pretty well satisfied by the time dessert comes 'round. . .so let's keep it light. . . a colorful compote of peaches and grapefruit.

There's no joke about meat prices these days. That's why we're all serious about conservation ways to buy and use meat. Our high consumer demand for the high grade meats and expensive cuts just help keep prices in the upper brackets. That's why we like this recipe for making Grade Good chuck very good to eat.

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Thursday,
May 6, 1948

ATTENTION: Women Broadcasters

I saw a picture in the paper the other day. . .an artist's drawing of a woman. . .a sort of typical American woman like you and me. This lady in question had a problem. It was obvious by her expression. . .eyebrows askew . . .hand under chin. . .even clouds of smoke rolling up from her temples to indicate deep thought. And her problem? 'Twas an age-old one. She was merely wondering what to have for dinner today. And being a modern, this lady might have asked herself as well. . . "what to have for dinner that's cheap!"

Yes, we're all looking for dinner ideas. . .and most of us have to fit them into food budgets that won't take any more stretching. And I'm bursting with pride today for I come with answers. . . a mouth-watering main dish that's new and different. . . and one you can afford. We call it stuffed onion.

Large, mild Bermuda onions are best for this recipe. . .and we fill them with tasty bits of ground ham. . .and braise the whole thing to a luscious brown. Then to make our serving almost dinner by itself, we set each plump onion in a circle of piping hot baked beans. Different -- and delicious -- don't you agree?

Here's the recipe for serving four. . . in detail. Start with four large sweet onions. . . Then two tablespoons of ham drippings. One-third cup of celery, diced. One tablespoon of minced parsley. One cup of cooked ham, ground. Salt and pepper. . .and some vegetable stock, probably onion. Peel the onions and remove tops. Simmer them in salted water until almost tender and drain. Remove the centers without disturbing outer layers. . . and chop centers to use in the stuffing mixture. For the stuffing, melt

two tablespoons of drippings in a skillet. Add the minced onion, celery and parsley. Cook a few minutes, add bread crumbs, ground ham, salt, and pepper. Moisten with vegetable stock and mix well. Fill the onion shells and bake in a covered pan in a moderate oven for 30 minutes. Remove the cover in the last few minutes of baking so the onions will brown.

Don't forget there's a border of hot baked beans for the onions. And try a crisp fresh salad. . . for instance one with lettuce, raw spinach, apple and raisins mixed. An orange Spanish cream for dessert will use plentiful eggs in a cooked custard, thickened with gelatin. Golden orange slices perk up its flavor.

By the way, you don't have to stuff the onions with ground ham. It's handy and economical to use ham if you've some left over from another meal. But you might try luncheon meat instead. Whatever your choice, note that the meat flavor is extended, keeping cost at a moderate level.

And so the stuffed onions are a happy answer. They'd bring a smile to the face of the frustrated lady in the newspaper ad. And I'm here to tell you about other answers too. For the Government has just issued a new booklet . . . designed for all of us who are perplexed by high food prices. It's called "Money-Saving Main Dishes," and it includes 150 tested recipes. It's yours free for the asking. All you do is send a penny postcard to FOOD CONSERVATION, Washington 25, D. C. Just print your own name and address clearly and that's all you need to write on the card--except the Washington address, of course. But you'll receive a free copy of "Money-Saving Main Dishes" for your trouble.

Note to Woman Broadcaster: You will note that this release calls the attention of women listeners to the new booklet issued by this Office--"Money-Saving Main Dishes.

By this time you should have received one of these booklets with a letter explaining its purpose and the ways it can help women stretch their food money. If you did not receive your copy, please let us know and we'll send you one posthaste.

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Friday
May 7, 1948

ATTENTION: Women Broadcasters

Spring comes to the ocean. . .the lakes, rivers and streams. . .I learned the other day. . .just as it does to the deep brown earth that gives so bountifully of green things once it's warmed by the April sunshine. Spring really starts earlier in some waters. . .for it begins when the ice breaks up and the fishermen can go to work. Or it may come with seasonal runs of fish. . . that make larger landings of fish possible this time of year.

There's more to this spring fish story. . .but fishing isn't really my line. Anyway, we know that now's the time for more plentiful fish supplies at the market. Fish come at more moderate prices, assuming even more importance to the meal planner who's looking for low-cost main dishes. And that means most of us these days, doesn't it?

Today let's take advantage of lower-cost fish and have sea bass for dinner. . .sea bass with a "super" stuffing -- tomato bread stuffing for tart contrast to the mildness of fish. I'll list the ingredients you'll need for this recipe. And you should start with a two-pound sea bass if you're serving four. Then some salt and pepper. . .one cup bread crumbs. . .two tablespoons of fat. . .one onion, minced. . .and one cup of tomato pulp. First, remove the head and tail of the fish which has been scaled and drawn. Then wash it and season it.

Then you're ready for the stuffing, mixed by tossing the bread crumbs with one tablespoon of fat, the onion, salt, pepper, and tomato. Fill the cavity of the fish with stuffing and place on a well-greased baking sheet. You might dot the fish then with the remaining fat. Use a moderate oven for baking . . .about 350 degrees. . .for about one hour.

I'm sure you already have knowing ways about fish and your refrigerator. But it's so important to keep fish isolated in the icebox. . .and of course to keep it cold too. . .that I'm tempted to warn you anyway. I like to put fish, well wrapped in waxed paper, in a zippered refrigerator bag. . .or a tightly covered dish. . .for this gives double protection against fish flavor spreading through the icebox. Also remember not to let frozen fish thaw out.

Vegetables for our fish dinner might be braised celery and savory carrots. For salad. . .something different. . .a Chinese cabbage salad bowl with a surprise flavor. This one has a dash of onion in it. . .and any seasonings you might ordinarily use in a cole slaw. A baked lemon souffle for dessert uses eggs which are abundant in the spring. Its fluffy golden texture will enchant the children, of course.

The man of the family will be enchanted too. . .if you plan your menus like this one for today. . .based on foods that are in plentiful supply and so more moderate in price. For there'll be more room for good things to eat in the family budget. And men have a way of being enchanted by budgeting that saves money.

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Saturday
May 8, 1948

ATTENTION: Women Broadcasters

The poor Scotchman bears the brunt of most of the jokes about thrifty people. But. . .truth is. . .thrift belongs not solely to any one race or nation. And it so happens that Americans can learn about economy in the kitchen from almost any foreign people you can name.

Let's take the Swedes, for instance. Thrift. . .combined with delectable good eating. . .abounds in many a Scandinavian dish. And we've a recipe for one today with the Swedish goodness of prune and apple stuffing in a typically American frankfurter roast. It's a dish which will remind you how good low-cost dishes can be.

Here in this country we all want ideas for economy dishes these days. And I think frankfurters are a good meat buy. . .because they give us good returns for our money. They have practically no waste. . .and the price is moderate compared with many meat cuts.

Here's how to make this novel casserole with frankfurters. . .and I suggest you buy a pound of "franks" for it. That means you'll have eight medium size franks. Then you'll need a cup and a half of cooked prunes. . . a fourth cup of table fat. . .one cup of sliced apples . .five cups of toasted bread cubes. . .salt and pepper. . .and one cup of prune juice. So you see how we're extending the meat flavor with fruit and bread cubes. . .to make this an economy dish. And now your directions. Pit the prunes. Melt fat and mix it thoroughly with fruit, bread cubes, seasonings, and prune juice. Cut the franks in half lengthwise. Line a casserole with the franks. . . placing one on top of the other lengthwise, with the split side in. Then fill the center with stuffing, pressing it firmly against the frankfurters to hold them in place. Bake for an hour in a moderate oven. Then remove and cool

slightly. Invert onto a serving platter and remove the casserole carefully so the round mold of the frankfurter roast will hold its shape. It's a recipe that serves four.

And now. . .there's no use saving on your main dish. . .unless the rest of the meal fits your budget. So let's have a dish of tender new cabbage and some baked squash for vegetables. Head lettuce wedges which we all enjoy with our favorite dressings might be your salad. . .and you might try a catsup-onion French dressing if you like new ideas in salad dressings. Dessert is just as tasty as it is inexpensive if it's crumb custard with a tangy apricot sauce. Custards use eggs which are plentiful and moderate price this time of year. The crumbs can be left-over bread crumbs. And you can make the apricot sauce with dried apricots. . .which don't have a high price tag on them at all.

So you have there a Scandinavian touch for your main dish and a balanced meal thrifty enough to satisfy the Sandy McGregor of all those Scotch stories . . .and good enough to satisfy all the hungry appetites at your table.

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Sunday
May 9, 1948

ATTENTION: Women Broadcasters

You could put in a thimble what most women know about a timbale (TIM-ble)... for it is a newcomer to many tables. .

First you may ask how on earth do you spell this work timbale. And that's easy...it's T-I-M-B-A-L-E. And then you say, "is it good to eat and good for my family?"...and the answer to that is yes, especially this savory chicken timbale I have the recipe for today with its savory cream gravy. And last, you'll want to know of course, "Is it expensive?" And I'm glad to tell it is not, not in the spring anyway.

For a timbale is really a main dish custard, relying on eggs and not so very much meat for its nutritious elements. And eggs come at a moderate price this time of year. There's more than simple economy in choosing an egg custard dish too. For the protein-rich eggs mean we can do with less meat...thus easing our demand on the Nation's shrinking meat supplies.

Today's timbale uses stewing hen...and there's a chicken buy that's in the moderate-price bracket anyway. You can use the meat from the bony parts of the chicken in this timbale...the back, the wings, and the neck. And you've got the meaty pieces left then for another meal. The recipe simply calls for a cup of chopped cooked chicken. And here are the other ingredients. Are you ready to take them down?...Two tablespoons of table fat...two tablespoons of flour...one cup of broth or milk...two eggs...salt and pepper...one tablespoon of chopped parsley...a half cup of soft bread crumbs...and, don't forget, the cup of chopped cooked chicken.

The timbale goes together by making a sauce of the fat, flour and liquid. Then add well beaten eggs, seasonings, chicken and bread crumbs. Pour into well greased molds or custard cups. You'd better put the cups in a pan of hot water... and bake in a moderate oven...350 degrees Fahrenheit...for about half an hour or until

the timbale is set in the center. Then unmold and serve with cream gravy. These ingredients will serve four persons.

The gravy, of course, is a dearly beloved item at most tables. And it will add flavor to the parslied potatoes...which I'm suggesting for your Sunday potato dish. More touches of spring green will be added by new peas...and a prune-apple salad on crisp lettuce. And it's surely a colorful meal if you wind up with a dessert to awe the whole family...mint sherbet that's cool as winter snows and flavor-bright to tempt warm weather appetites.

The mint sherbet you may make in your own refrigerator. It really has a base of grapefruit and lemon juices...and made with a little gelatin it won't take much stirring in the ice cube tray. With summer just around the corner, you'll want to get better and better acquainted with these fruit ices...which deal gently with your food funds and combine the refreshing flavor of fruit with the chill of sherbet.

And now that you've learned all about chicken timbale today...I should add that chicken isn't the only meat you can use in a timbale. Try other chopped or ground meats for variety...and you'll be thankful for this new way to make just a cup of meat serve four persons.

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Tuesday
May 11, 1948

ATTENTION: Women Broadcasters

There's a wise saying. . .probably one you've heard. . .and I can't put my fingers on who said it. But it's something to the effect that the greatest piece of music has not yet been composed. . .that the best book has never been written. . .the greatest picture not yet painted and so on. I like to think we can apply this in many fields. . .even to cookery. And so we must confess that the most delicious dish has not yet been thought of. . .that hundreds of new ideas for making menu planning easier are just around the corner of discovery.

Today I'll make just a meagre beginning on my theory. . .because I do have something different in the way of an omelet. But I will confess I'm not quite ready to call this the best omelet ever invented. It's just a happy idea for a meatless dinner. . .cutting down meat expenditures and using plentiful and moderately-priced eggs. This one's an orange omelet. . .sounds interesting, doesn't it? It's quite simple to make. . .chiefly the addition of fresh orange juice to an omelet mixture and then a final golden topping of orange marmalade when the omelet's done.

If you have a pencil ready, let's take down the directions for this orange omelet. I'll start with the ingredients. Six eggs, separated. Six tablespoons of orange juice. Some salt. One and a half tablespoons of fat. And one-fourth cup of orange marmalade. Beat the egg yolks thoroughly and add the orange juice. Beat the egg whites with the salt until stiff but not dry. Fold in the egg-yolk mixture.

Pour into a frying pan containing the melted fat. And cook over low heat until the omelet is lightly browned on the bottom. Cover and cook over low heat until the omelet is set. Or. . .if you like. . .finish cooking by baking in a moderate oven, . .350 degrees Fahrenheit. . .for 10 to 15 minutes. Now it's time to spread the omelet with the orange marmalade. . .and warm the

marmalade a little before spreading. Crease the omelet in the center and fold one half over the other. I'd serve it all on a pre-heated platter to keep it hot.

Orange omelet has the merit of low cost. . .so important in the battle most of us womenfolks are putting up against today's high food prices. But does it feed my family nutritiously? you ask. And indeed, the answer is, it does. Eggs are protein-rich. . .and you can pick up additional food value in hearty other dishes. For instance, let's have creamed potatoes and broccoli . . .that green vegetable so high in vitamins and minerals. Then an apple ring salad with cottage cheese balls gives you the sturdy protein of a dairy product that's plentiful in the spring. And dessert. . .how about raisin molasses nut cake. . .chock-full of goodness that sticks to the ribs.

I really should add a word about balancing your meals. Government home economists recommend these daily main dishes to us. . .and they have nary a qualm about a meatless meal and its nutritional value as long as the whole dinner is well-planned. Pick up the protein and hearty nutrients in other dishes, they say, if you're doing without meat, and your family still has all the food they need for strong bones, good teeth and steady growth.

Yes, orange omelet promises even better things to come in the way of good things to eat. . .for it's just another proof that there are always new ideas around the next corner. And this one's a happy selection for spring 1948. For you can have orange omelet for about 10 cents a person. . .assuming medium size eggs run about 63 cents a dozen on your local market. And you can't do much better than 10 cents for any main dish serving.

Would you like to have four savory recipes for egg-and-cheese main dishes for your meatless days? You'll find them in the new recipe booklet, "Money-Saving Main Dishes." And you'll have a copy free, if you print your name and address on a penny post card and send it to FOOD CONSERVATION, Washington 25, D. C. No message is required.

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Wednesday
May 12, 1948

ATTENTION: Women Broadcasters

A penny saved is more than a penny earned these days. Because you don't pay income tax on the pennies you save.

That's a rather far-fetched view on the subject of money-saving, I grant you. But today's high meat prices are enough to persuade most of us women to study the situation at the meat counter when we're food shopping. For we know that food money must be saved. . .if there's a way to do it. . .and saved again in the kitchen by preparing economical main dishes that the family will enjoy.

One important way to save food money is to watch for good meat buys. The man behind the meat counter sometimes makes bargain prices on good pieces of meat. For instance, you might look out for a piece of ham at the shank end of a picnic shoulder. Your meat dealer can't sell it as a slice. . .so he may reduce the price. And you'll be the smart one if you grind this ham cut and put it in a creamy casserole of ham and noodles. . .old-fashioned home-made noodles, rich with egg--for special goodness.

Here's a casserole idea that's right up to date for the little meat it requires and the way it extends just one cup of ground ham with milk and egg, noodles and bread crumbs. It's a main dish that fits your food budget. . . so beset by today's high prices. And here's how to put it together. . .if you're ready to take down the recipe.

Start with one cup of noodles. One cup of ground, cooked ham. Then one-fourth cup of diced celery. One tablespoon of parsley, chopped. One cup of milk. One egg, and four tablespoons of bread crumbs. Now your first step is to cook noodles in boiling salted water until they're tender, and then drain. Put a layer of cooked noodles in a greased baking dish. Then cover with ground ham, celery, and parsley and the remaining noodles. Combine the

milk, egg and seasonings. . .and pour over the noodles and top with bread crumbs. Bake in a moderate oven for about 40 minutes. By the way, you can use gravy or meat stock in place of part of the milk mixture. This is the recipe for serving four.

With your ham and noodle casserole, how about Frenched green beans. . . sliced the long way, you know. . .and a dish of creamed onions? Then a tossed green salad that's fresh and crisp with your favorite salad ingredients and rosy apple sauce for dessert. . .plus some cookies. And let's make that rosy color in the apple sauce do double-duty and add spicy flavor. It all comes with those red cinnamon candies you can drop in while the apple sauce is being heated.

So stay friends with your meat dealer. . .and you'll get in on good meat buys that make this ham and noodle casserole a double economy. And most of us can do with a little double economy these days.

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Thursday
May 13, 1948

ATTENTION: Women Broadcasters

The trouble with ignorance is that it really isn't bliss. . .despite the familiar quotation to that effect. You miss out on so many things just because you don't enlighten yourself. . .just like the friend of mine who always passes up beef brisket at her food store because she doesn't know any way to prepare it that is really tasty and appetizing.

And I don't much blame my friend. . .for many of us have few handy ways with beef brisket in the kitchen. But I'm here today with some good pointers on making brisket tender and good to eat. . .and savory with a sweet-sour onion sauce. You'll welcome these ideas because brisket is usually one of the lowest priced cuts of meat on the market. . .a point certainly in its favor these days. Chuck you know is moderately-priced beef. . .but brisket may cost you only half as much. Of course, you get a little more lean meat in chuck but not enough to offset the higher price. So brisket is still the better buy.

Here's what I'd do to turn a beef brisket into a fine serving for your table. . .and my suggestions come straight from the government home economists who prepare these daily recipes. Then I'll also give you the recipe for that sweet-sour onion sauce. For serving four, you'll want two pounds of brisket. First trim the meat free of fat and brown the lean meat in heated drippings. Then cover with boiling water. Chop one small onion and carrot into the skillet, add salt and pepper, and simmer until the meat is almost tender.

Then to give our brisket its final brown goodness. Strain off the broth and mix the meat and vegetables with 1 egg slightly beaten, and 1 cup dry bread crumbs. Then place in a greased baking dish. Sprinkle with crumbs and brown in a moderately hot oven. . .about 400 degrees. . .for about 20 minutes.

And now for our flavory onion sauce. Brown two tablespoons of sugar in one tablespoon of fat. Add two medium-sized onions which have been sliced. . . and cook until tender. Add one tablespoon of flour for thickening. . .and brown slightly. Then put in one cup of broth in which the meat was cooked. . . and one tablespoon of vinegar. Cook until the sauce is smooth. By the way, you'll probably have meat broth left over. But it's always good for soup or gravies.

Now that you have the know-how on brisket, let's round out a menu to go with it. Baked potato and creamed spinach come first. Then a tangy cucumber relish and crisp celery for your salad items. And for dessert, why not peach whip with rhubarb sauce. . .a light fruity touch that everyone likes when the meal is hearty. The peach dessert is just a variation of prune whip . . .and you can use canned or dried peaches in it.

There's your beef brisket dinner. . .low on cost and high in good eating. Once you've tried it, you'll know it's folly not to be wise about these inexpensive cuts of meat.

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Friday
May 14, 1948

ATTENTION: Women Broadcasters

Remember the day when 60 cents went such a long way when you shopped for dinner? If my memory serves me. . .seems like 60 cents would usually buy four nice thick lamb chops. . .or some other pretty fine cut of meat that would serve a family of four. That was before the war, of course.

Nowadays. . .you're bound to tell me. . .you'd have to turn somersaults to make 60 cents go that far. . .and still have good eating. But I'm not so sure. For here's a recipe that comes to us today from government food specialists that can be prepared for about that price. . .amounting to 15 cents a person if you're feeding four. Well, it couldn't be lamb chops, you reply. And you're right. . .but it's truly delectable eating, chock-full of nutritious good things, including one vegetable for your meal. We call it fish pie and it has a crusty cheese biscuit top. If your family are seafood lovers. . . there may be some at your table who'll prefer this main dish to lamb chops anyway.

The recipe calls for a pound of fish. And many markets are offering fish steaks at about 25 cents a pound. There's very little waste in fish steaks practically all fish. Salmon would be my choice for this fish pie if it's so it's economical enough. . .but that all depends on your local market. For salmon isn't usually an economy except on the Northwest coast.

If you have a piece of paper handy you'll want to write down these ingredients for the fish pie. Pencils ready? Here it is. One pound of fish, that's for serving four. One and a half tablespoons of fat. One and a half tablespoons of flour. One-half cup of milk. One-half cup of fish stock. Salt and pepper. One cup of diced potatoes. One cup of green peas. And one-half cup of diced celery. Now wash the fish first. Cook it slowly in one cup of salted water for about 20 minutes. . .or until the flesh separates or flakes when you test it with the point of a knife.

Then make a sauce by blending the melted fat and flour and gradually adding the milk and stock in which the fish was cooked. Put in the seasonings and vegetables and place in a greased casserole. Bake in a moderately hot oven. . .375 degrees Fahrenheit. . .for about 30 minutes. Top with cheese biscuits made according to your favorite biscuit recipe. Just add half a cup of grated cheese to the sifted dry ingredients when you're making them.

And now that so much of our dinner is in the fish pie. . .we'll need just a vegetable dish, salad and dessert to round out the menu. A dish of spring greens. . .beet or turnip tops for instance. . .will lend colorful contrast to the hearty pie. And there's more color in a green and gold salad. . . carrots and new cabbage shredded together. . .plus a tangy celery seed dressing. Rhubarb crumble for dessert is a casserole dish too. There's luscious eating when you bake the rhubarb with this topping of brown sugar combined with flour and spicy seasonings.

You'll get applause for this fish pie dinner. . .I guarantee. And who will guess it's practically as low-cost as a pre-war meal?

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Monday
May 17, 1948

ATTENTION: Women Broadcasters

If your only mental picture of chipped beef is the creamed variety served hot and steaming on crisp brown toast. . .well, my friend, prepare yourself for a new view. For here's a chipped beef casserole dish. . .easy to make, low in cost and hearty enough for dinner. It puts chipped beef to work in an entirely new way. And it's new because there's tangy flavor in the sharp cheese that's part of the recipe.

Of course, the chipped beef contributes flavor to the casserole too. That's one characteristic of chipped beef. . .it's so flavorsome. But that's one reason we can keep our casserole so economical. For we get the meat flavor without using much chipped beef. . .just an eighth of a pound. And that's a help since, fact is, there is a fairly high price tag on dried beef these days. I think you'll find it more per pound than porter house steak.

But you'll want the recipe for this economy casserole. If your pencil's out, here goes. It's one-eighth pound of dried beef. Two tablespoons of fat. Two tablespoons of flour. Two cups of milk. One cup of sharp cheese. . .the same as fourth of a pound. Two and a half cups of diced cooked potatoes. Two tablespoons of dry bread crumbs. And one tablespoon of fat.

First, brown the shredded beef lightly in two tablespoons of melted fat. Blend in the flour and add the milk gradually. . .and stir constantly until the mixture thickens. Add the cheese, cut in small pieces, and stir until it melts. Then arrange the potatoes and sauce in layers in a greased casserole. Toss the bread crumbs in one tablespoon of fat and sprinkle over the top of the mixture. I'd bake this casserole in a moderate oven. . .375 degrees. . .for 20 minutes. You can serve four with this recipe.

Now for good diets. . .we want yellow vegetables and the green leafy ones on the table pretty frequently. And here's a meal that combines these vegetables very well. With the chipped beef casserole, we'll have glazed carrot and. . . let's say. . .beet and romaine salad. For dessert, I'd suggest a peach tart. You can use either dried or canned peaches in it. The dried ones are a money-saving buy. And if you choose canned peaches, try Grade C ones instead of Grade A for cutting cost. Grade C's are just as good for the tarts, home economists say. They are graded C because they are not as uniform in size and as free from blemishes. But they're packed with just as much care for sanitation.

There's a Monday dinner that takes chipped beef out of any rut it might have been in at your house. . .assuming it usually goes to your table on toast. It's good to know too that the new way is even more economical.

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Tuesday,
May 18, 1948

ATTENTION: Women Broadcasters

Imagination is a wonderful thing. It makes all the difference in today's thrifty main dish. . .the one I'm right ready to tell you how to make. Without imagination, this dish would go to the table. . .well, it would be just plain fried eggs and round everyday buns. Now these choices have much merit. They're old favorites in their own right. And they're inexpensive and nutritious enough. But they're rather in the picnic class and can't be said to have much of an air about them.

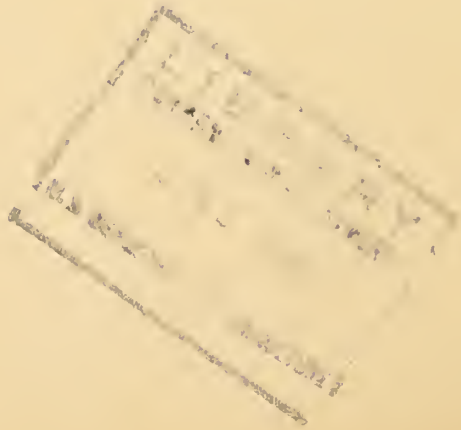
But. . .comes a little imagination. . .and we have bunburgers. They're fancy enough for a very pretty table. . .and the youngsters will love bright yellow eggs this way. . .baked piping hot in their own bun "cups." You start with four large round buns, if you're feeding four persons. And you'll need some salad oil, four eggs, and salt and pepper. That's all. And here's how you put them together. Scoop out the tops of the buns to form cups. Place them on a baking sheet. Brush the top and inside with oil. . .and break an egg into each "cup." Season them, sprinkle with crumbs and bake in a moderate oven. . .say 325 degrees. . .20 to 25 minutes, until the eggs are firm. And do give these bun-bergers a final elegant touch with tangy cheese sauce. Cheese sauce, you probably know, is made by adding one cup of grated cheese to a medium white sauce and stirring until melted.

As if that doesn't start the meal off well, listen to our vegetable ideas for this Tuesday dinner. They're both in the economy class -- but oh-so-good to eat. The onions. . .well, we'll bake them and put a crumbly peanut crumb topping on them. It's a topping you make with peanut butter combined with bread crumbs. Then a dish of new cabbage, an orange-banana salad and prune whip for dessert fills out our menu.

The prune whip, you say, is a luscious dessert and "my family loves it." But whipped cream, you may add, "is out of our reach." But, my friend, we can do something about that. We'll have low-cost prune whip and make it with evaporated milk. Like the recipe? I can give it to you in a jiffy. All you need is three-fourths cup of evaporated milk, chilled. One and a half tablespoons of lemon juice. And one cup of sweetened prune pulp. Just chill the milk in the refrigerator tray or by packing it in an ice and salt mixture. Then turn it into a chilled bowl and whip until stiff. Fold in the lemon juice and cold prune pulp. Keep it cold until you're ready to serve...or freeze the mixture if you like. This prune whip recipe serves four.

Incidentally, evaporated milk is a thrifty buy. . .and it's as good as fresh milk for many uses, for cooking and for desserts like this prune whip. In some markets, a fourteen and a half ounce can of evaporated milk sells for 11 cents. . . and that figures up to 12 or 13 cents a quart for ready-to-use milk. You can see that it's considerably cheaper than fresh milk.

Anyway you have bunburgers for an imaginative meal. You've steered clear of meat for a main dish. . .a good idea when eggs are seasonally plentiful and meat is so high cost. So let's say it's bunburgers for budgeting.



UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Wednesday,
May 19, 1948

ATTENTION: Women Broadcasters

It's probably just a part of being young. . .but most youngsters have an affinity for peanut butter. Or in simpler terms, they love it. One little boy I knew used to eat it by the spoonfuls, testimony of sorts to the goodness of this nutritious food.

But we elders don't eat peanut butter in such amount. . .even though the valuable protein in it comes pretty inexpensively. For do you know that a pound of peanut butter gives you as much protein as about two pounds of beef. . . say rib roast for instance. So here we are with two interesting facts. . . that peanut butter is chock-full of nutrition at a low cost. . . and that most folks like it, especially the youngsters. Strikes me then that we should use it often in different dishes, that it's a happy idea for adding to menus when we're being thrifty and doing without meat.

Let's try a dash of peanut butter today in a sweet potato recipe. This time it can serve chiefly for flavor since we'll plan a pretty hearty meal anyway. Our meat for today can be pork roast. . .but we'll keep it in the economy brackets by using the rib end of the loin. . .which costs about the same as fresh pork shoulder. You can oven-roast it since it's so tender.

But I promisedyou a recipe. . .and this one's called stuffed sweet potatoes with peanut butter. The ingredients are four baked sweet potatoes. . . for serving four persons. . .two-thirds cup of milk. . .four tablespoons of peanut butter. . .and some salt and pepper. After you've baked the sweet potatoes, cut them in half while they're hot and remove from their shells. Mash thoroughly. Add the milk, peanut butter and seasonings. Beat until fluffy and refill the shells. Brown on a baking sheet in a hot oven. . .425 degrees. . .And for a wonderful topping. . .one to delight the children. . .sprinkle chopped peanuts over the top before browning.

Now there are sweet potatoes with a bit of a new touch. And just to prove that every meal is worth at least two new ideas. . .let's serve sauerkraut with the pork roast and give it a novel flavor too. Call it spicy sauerkraut. . .and add one teaspoon of caraway seed and one teaspoon of sugar to a quart of sauerkraut to achieve spicy results. And there you have dinner except for salad and dessert. I'd say an apple-raisin salad for tangy combination with the pork. And golden brown broiled grapefruit for dessert. . .an economy dessert you can fix in a jiffy. Brown sugar sprinkled on the grapefruit before broiling makes them delicious to eat. And they can be done in the broiler or the oven.

It's these flavorsome touches to meals. . .a spicy savor for the sauerkraut . . .and the warm peanut butter flavor in the sweet potatoes. . .that make dinner a special treat. . .an event the family talks about. With such accompaniments rib roast of pork will taste as good as the most costly pork roast. And so savory dishes are budget-wise.

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Thursday,
May 20, 1948

ATTENTION: Women Broadcasters

One of the most appropriate adjectives you can put in front of the word thrift is "old-fashioned." Because thrift is sort of an inheritance we all got from another generation.

And so when I come to you with ideas about money-saving main dishes many of you women can rightly say you've been feeding thrifty dishes to your family for simply years. That being the case, I suppose meat patties are a standby at your house. Like meat loaves, they're a traditional way to extend the meat flavor with a low-cost cereal ingredient. And they retain their popularity with both the men and the youngsters at your table.

That's why I thought you'd like a new recipe for meat patties, using two full-flavored meats for a novel flavor in patties you bake to a crusty brown in the oven and serve with tangy piccalilli. The blended meat flavors give you something different for these combine sausage and liver. . .half a pound of each for serving four persons. And they rate high on my list of money savers since this is a dandy way to use low-cost beef liver. Calf's liver, of course, comes with a pretty high price tag. But you can choose the most inexpensive beef liver because it's ground for these patties. And grinding makes liver tender. It's a bright note, of course, that beef liver costs only about half as much as calf's liver.

Wouldn't you like the recipe for sausage and liver patties? Start with one-half pound of beef liver. Then one tablespoon fat. One-half an onion. One-half pound bulk sausage. One cup bread crumbs. One egg. One-half cup of milk or meat stock. Salt and pepper. . .and Worchestershire sauce. Fry the liver in fat just long enough to brown it slightly on both sides. Put the liver and onion through the medium food grinder and combine with the other ingredients. Place the mixture in greased muffin tins and bake in a moderate

oven. . .350 to 375 degrees Fahrenheit. . .for about an hour. This recipe serves four.

My first choice for a relish on the patties is piccalilli. But your family may prefer homemade chili sauce. . .a delectable item I hope you have on your shelves. And that reminds me that homemade relishes are something to keep in mind when you're planning this year's garden.

Well, whatever you serve on the meat patties, stewed tomatoes and creamed potatoes are wise choices for vegetable dishes. Then you can have a spring salad and for dessert. . .a cool favorite. . .sherbert fruit float. It's just sherbert floating in a bright fruit juice.

By the way, you can combine other chopped meats instead of sausage with the liver. I think you'll find many people like liver blended with other flavors and so combining it in meat patties is sure to be successful.

And of course you're the successful homemaker any time these days you serve a main dish that cuts costs. . .and uses a little less meat. For meat prices do loom large in all our food budgets.

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Friday
May 28, 1948

ATTENTION: Women Broadcasters

I'd like to meet someone who doesn't like cheese. . .who can just generally. . .blandly. . .make the flat statement that he doesn't care for cheese. There are all kinds of cheese, of course, which makes disliking all cheese virtually an impossibility.

So let's put one of those mellow-tanged American cheeses to work today. . . and use its golden goodness in a cheese sauce over baked fish. Here's a Friday serving with much modern merit. For it comes to your table with a really moderate price tag. . .its low cost hidden in your good food management and kitchen handiness. The fish is baked to a golden brown after it's topped with the sauce. And so the sauce is even more savory, deriving added flavor from the fish.

Food specialists for the government send this recipe your way. And they call it baked trout fillets with a cheese sauce. But. . .they point out. . . other fish fillets will do just as well. Or you may choose fish steaks, whichever are the best "buys" in your local market. For economy, study local food prices so you can pick the best values in fish. . .for they do vary in different cities and parts of the Nation.

Let me list the ingredients in this recipe for baked fillets. Then the directions for preparing them. Use one pound of trout or other fish fillets for serving four persons. Then salt and pepper. Two tablespoons of fat. Two tablespoons of flour. One cup of milk. And one cup of Cheddar cheese cut in small pieces. First, clean the fillets and sprinkle them with salt and pepper. Melt the fat, blend in the flour, and add salt and pepper. Add the milk gradually and cook until smooth and thick. Stir in three-fourths

cup of cheese. Arrange the fillets in a greased shallow baking pan. Cover with cheese sauce and sprinkle with remaining one-fourth cup of grated cheese. Bake in a moderate oven. . .350 degrees Fahrenheit. . .for 25 to 30 minutes or until golden brown. Remember, this is a recipe for four.

And now I'm just bursting over with a novel salad bowl idea. It's one of those suggestions that make dinner seem like an event. . .that creates with crisp cole slaw and shredded golden carrots a salad tingling with excitement. Start with a small head of cabbage that's been crisped in the hydrator. Then curl back the outer leaves. Cut out the inner part of the head and shred this cabbage with carrots. Fill the cavity with the shredded mixture combined with a tangy salad dressing. And you have something new in salad bowls made from a cool, green head of cabbage.

I didn't give you the complete menu, did I? So with the baked fish and cabbage salad, let's have new potatoes and baked beets flavor-brightened with onion. And for dessert, make it grapefruit snow and cookies. For grapefruit juice is such a good buy right now it makes the grapefruit snow a real economy dessert. You'll find a 46-ounce can selling for about 17 cents * in many markets. At that price grapefruit juice costs only about three cents a cup.

Well, that winds up my menu suggestions. I feel real proud of the baked fish fillets with the cheese sauce. . .since cheese has so many friends everywhere. And I'm counting on the thriftiness of this recipe to win even more friends for it.

*Note to Broadcaster: Substitute current locally prevailing prices for those quoted in this material.

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Thursday
June 3, 1948

MONEY-SAVING FOOD PLANS

ATTENTION: Women Broadcasters

The week's end is approaching. . .and that means a bit of thought about what to feed the family through Sunday and Monday. . .when we don't usually schedule trips to the store. Women who pride themselves on food budgets that work, on really cutting costs at the grocery store, have a food plan. They know what they're serving for the next two or three days. . .and when they go to the grocer's. . .the food plan goes right along with them.

So, why not try one yourself. . .unless you're already a food planner. And base your plan on the basic seven food groups which include all the right kinds of food needed for health. Fact is, your food dollar will buy more food value if you keep the "basic seven" in mind in menu planning. Base it too on current prices. And that means studying local food advertisements--radio and newspapers--before you go shopping.

But what to plan for this weekend? I'm here today with a suggestion of smoked ham as an economical meat buy. . .for our plans must be money-saving these days. For thriftiness, of course, you won't request the most costly center cuts. . .but a smoked picnic ham. If you're feeding four, buy a picnic ham that weighs about four pounds. You can make it do for three meals if you use meat-extending dishes. Meal number one might be savory hot ham with fruity raisin sauce. Another meal could feature cold ham slices with scalloped potatoes and cheese. . .a menu with much merit for warm weather. And then there's ham left to mince for a delightful dish of creamed ham and eggs with asparagus. We call it creamed ham supreme. . .and right here is the recipe.

Are you ready with your pencils? The ingredients are two tablespoons of fat, two tablespoons of flour, one cup of milk, salt, pepper and paprika, one cup of minced ham, two hard-cooked eggs, and 16 spears of asparagus. Make a white sauce first by melting fat, stirring in flour, and adding milk gradually. Then season, and cook until thickened. Add the minced ham and sliced, cooked eggs Heat and serve on asparagus tips. This recipe serves four persons.

On your way to the meat counter, other foods will catch your eye. And again you'll do well to have a plan. For a study of food advertisements will show you what fruits and vegetables fit your pocketbook. And your basic seven foods to be served daily will remind you not to forget important food items which mean balanced meals for the menfolks and the youngsters. This weekend I'd make a beeline for the grapefruit counter. For it's time to try the ruby red grapefruit that's new in so many markets. It's a happy choice for a weekend dessert. Try it in ambrosia for gay color and tingling flavor. You may find grapefruit for as little as five or six cents a pound. And you can bet that's a reasonable price for such a good buy of vitamin C.

And don't forget. . .if you would bring home good buys from the grocery store, carry a food buying plan with you.

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Thursday
June 3, 1948

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ATTENTION: Women Broadcasters

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OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Firday
June 4, 1948

ATTENTION: Women Broadcasters

Every time I fry fish I decide that women should have one of those helmets that welders wear when they're operating a riveting machine. And I'm also reminded that those big old-fashioned aprons were pretty handy to have around. Yes, I'm for being well-covered up when it's fish frying time. . .unless you fry fish the trouble-saving way. And that's just the recipe I have for you today.

For our economy suggestion is fish fried golden brown and crusty. . .but the job is done in the oven. Result. . .well, there's no fat-spattered stove and no fat-spattered you. Now I'm not only proud of the method in today's recipe but I'm proud of the choice. For fish is one of the good buys in almost every market. It comes cheaper than many of the costly meat cuts, thus making valuable reductions in your food expenses. At the same time it's invitingly good to eat. For we're flavor-brightening this baked fish with mustard and Worcestershire sauce.

Study your local market before you decide between fish filletsand fish steaks. And buy the one with the lowest price tag. Don't overlook frozen fish... .which may be the better buy in some inland markets.

Let me tell you how to oven-fry this crusty-brown fish. There are just a few ingredients and brief directions. . .if you'd like to write them down. Start with one pound of fish fillets. . .that's for serving four persons. Then salt and pepper. One-half teaspoon of dry mustard. One and a half teaspoons Worcestershire sauce. One-half cup of milk, fresh or evaporated. One cup of finely crushed bread crumbs. And two tablespoons of fat. Mix the salt, pepper, and mustard. Add Worcestershire sauce and milk. Dip fish in

milk mixture, then in crumbs. Place on a greased baking sheet. Dot with fat and bake in a moderate oven. . .350 degrees Fahrenheit. . .for 20 minutes or until brown and tender. Now those ingredients will serve four.

With all this brown crustiness in our main dish, let's add bright green things to our menu. Potatoes we shall have. . .but let's give them a touch of parsley. And then a savory dish of spinach made more enticing with a few fried green onion tops. Or for an even different flavor, try a sprinkling of nutmeg on the spinach. It's hearts of celery for salad. . .and I'd cook them until tender, then cool and serve with onion-flavored French dressing. Dessert? How about spiced cup cakes?

A word about potatoes when you're shopping for them. It's well to know what your food dealer means when he advertises potatoes as. . .for instance. . . U. S. No. 1 grade, Size A. U. S. Grade No. 1 is not the highest grade. Rather it comes below U. S. Fancy and U. S. Extra No. 1--but you don't often find these two highest grades in the market. Remember too that Size A potatoes are larger than Size B. The Size B's you know, run one and a half to two inches in diameter.

Yes, fried fish dinner is a happy arrangement for all of us who buy food on a limited budget. Why fish is even a better buy than the economy cuts of meat. . .certainly when fish fillets and steaks come around 30 cents a pound. For there's no waste in the fish.

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
SUGGESTED FOR MONDAY
JUNE 7, 1948

ATTENTION: Women Broadcasters

Do you sometimes feel awfully tired of it all? I mean those days when the children haven't behaved as well as you'd like them to. . .your nerves are pretty ragged. . .your housework seems never ending. . .and there's all that ironing stacked up. Besides you know your husband is counting on a nice roast for dinner. . .he's been asking you to have one all week. But the prices of roasts are so high you can't see your way clear to get one. Well, you know the sort of day I'm talking about. We all have days like that.

I can't do anything about the children's behavior. I can't do anything about the stack of ironing or the dusting. But I can tell you how you can get that roast your husband is craving. . .and without straining your budget too much, either. A savory, delicious roast of pork made from fresh pork shoulder. In eastern markets recently picnic shoulder was selling for 39 cents a pound. . . and that's only about half the price of a center loin cut of pork.

A picnic shoulder roast usually has the shank part of the cut removed and it weighs from four to seven pounds. Have yours boned and tied. . .season it with salt and pepper and place it in a shallow roasting pan. Cook it in a moderate oven. . .about 325 degrees. . .for at least two hours. Turn it occasionally for even roasting. When it is getting done. . .about forty minutes before it's cooked enough. . .place eight medium sized potatoes around it and four small celery stalks. Cut the celery stalks in two. Cook until the vegetables are tender and well braised. A four-pound roast will serve four persons with enough left for a second meal in a meat extender dish.

By the way. . .when your meat dealer bones your roast be sure to ask him for the bone. . .it makes wonderful seasoning for soups or for a bean pot.

Always be sure to cook pork very thoroughly. That little purple government stamp on meat tells you the meat was inspected by experts and found to be wholesome at the time of slaughter. But remember it can't guarantee that the pork is free from the parasite that carries trichinosis. . .a dangerous disease. Thorough cooking however kills this parasite. . .so pork must always be very well done. Don't ever, ever broil pork. . .broiling simply doesn't cook it long enough.

With your good dish of fresh pork, braised potatoes, braised celery. . .I suggest jellied tomato salad. And for dessert. . .chilled grapefruit and apricots.

I'llguarantee the family's applause on this meal. And you won't have spent too much money either. I tell you. . .it takes a lot of ingenuity on a woman's part these days to make food ends meet. . .but careful choosing of cheaper cuts of meat helps to perform the modern day budget miracles. And remember. . . cheaper cuts of meat may be just as nutritious as the high priced roasts and chops.

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Tuesday
June 8, 1948

ATTENTION: Women Broadcasters

A very wise man I know has a worthwhile and interesting hobby. . . helping couples keep their marriages successful. He's a lawyer and any number of men and women on the verge of divorce come to him. About nine out of ten of them leave his office deciding to start all over again to try to make their lives together worthwhile.

The other day the lawyer said, "One reason for so many breakups in marriages is that one or the other person gets into a rut. Sometimes both do. Never any surprises. Surprises are the spice of life. . .the lift people need to keep going in this tough old world."

There's a lot of truth to that, isn't there? Surprises do relieve boredom and sameness. And you don't have to spend a lot of money for a heartening surprise. What wife wouldn't be thrilled if her husband surprised her by bringing home even just one flower. . .perhaps on a day when he knows she's especially tired.

What husband wouldn't feel the load of the office lightened if he came home to a dinner that's just a little different? That brings me to today's recipe. . .Cheese Surprise. . .low in cost but high in taste. . .and surprise value. Here's the simple recipe--try it for the family tonight. . .I'll guarantee they'll all be pleasantly surprised. Take two cups of hot mashed potatoes and add one egg, salt and pepper to them. Beat them well. Divide the potato mixture into four patties. . .make a depression in each pattie. Put a cheese slice in each little nest. . .one-fourth pound of cheese will do for

all four patties. Cover the cheese slice in each depression with a thick slice of tomato. Sprinkle crumbs over each. . .about a fourth cup of crumbs which have been mixed with two tablespoons of melted fat. . .and bake the delicious dish in a moderate oven. . .about 350 degrees. . .for 30 minutes.

With your Cheese Surprise, I suggest you serve parsley creamed peas. . . and you don't have to get the fresh peas that are around 17 cents a pound either. Get Grade C canned peas. Grades of canned vegetables are determined by clearness of liquid, uniformity of color, and by maturity. . .but Grade C is packed with just as much care and sanitation as Grade A or B. Because Grade C peas are plentiful now you can buy a number two can at a price that makes a cupful cost about a fourth as much as you'd pay for a cupful of fresh peas.

A tossed spring salad will be another good accompaniment and how about topping off the dinner with a caramel custard. It will help round out the protein of the meal and lend that touch that will satisfy the family.

You'll find that this meatless dinner, full of good food value will be just the sort of surprise your husband will appreciate. He'll react just as you would if he brought you one rose on the day you least expected it!

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Wednesday
June 9, 1948

Attention: Women Broadcasters

You can make a real game out of a trip to the meat counter these days. You can call the game "who's got the dollar?" And you can win the game. . .but it takes wise and careful thought.

For instance. . .you want your family to have lamb tonight. . . but you can't afford to pay a high price for it. All right. Don't. But you can still have lamb. . .in a casserole with a dash of Italian ingenuity and flavorsome taste appeal. As you know a casserole doesn't call for much meat. Besides you can choose an economy cut of lamb. . .a cut that will serve four for about 55 cents.

Here's a very satisfying recipe for a lamb and eggplant casserole. And speaking of eggplant. . .they're so good to look at you almost hate to cut them up. . .would rather use them for table decoration. Well, don't. . .for they're wonderful in this recipe. If you'd like to write it down, I'll list the ingredients for you right now. . .and then the directions. First, it's one and a half pounds of breast of lamb. Then two tablespoons of drippings, one-third cup chopped onion, one small eggplant, diced, one tablespoon of chopped parsley, one teaspoon of salt, one-fourth teaspoon paprika, one cup of canned tomato pulp, and one-fourth cup of crumbs.

Now bone and trim the lamb and brown the lean meat in drippings with the chopped onion. Pare the eggplant. . .and cut in cubes and combine with other ingredients. Put the mixture in a greased casserole. . .and bake covered in a moderate oven. . .350 degrees. . .for about 45 minutes. Then remove the cover, sprinkle with the crumbs and brown for another 20 minutes. There's plenty for feeding four in this recipe.

For a true Italian casserole of course you'd brown the meat in olive oil... but then you may prefer your drippings to come from bacon. Either is good. Which you choose depends upon the tastes of your family.

To complete the meal here are a few suggestions. Snap beans will go well with your lamb and eggplant casserole. . .and an orange and grapefruit salad. Then your dessert might be chocolate bread pudding.

One little tip on eggplant. . .always look it over carefully. Don't choose a wilted looking one. The lovely skin should be unwrinkled. And it should be clear too. . .no brown spots that indicate decay. A good eggplant will be firm and heavy. If an eggplant is too old you'll know by its light weight. . . and avoid it because it's likely to be pithy and seedy inside.

Of course, eggplants that are too mature may also be off-color. They're likely to be yellowish or streaked instead of a true purple.

If you choose a large eggplant and can't use it all in one day be sure to leave the unused portion as is . . .I mean with its skin on. Wrap it up in wax paper and place it in the refrigerator. It keeps better this way.

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Thursday
June 10, 1948

MONEY-SAVING FOOD PLANS

In my grocery store the other day. . . .I wheeled my basket of assorted food buys up to the cashier's line and found myself waiting behind a little lady with just one package of meat in her basket. It was a big package though . . . and the price marked boldly on the outside attracted my attention. I guess I just stared for a minute. Because the tiny woman with the meat looked over at me . . . . and we suddenly exchanged an understanding look, the kind it takes two women to understand.

"You know," she spoke all at once, "I just haven't figured out a way not to eat." And with those words, she went on her way through the line.

I laughed at the time. But I thought how much our little jokes at the grocer's these days point to the importance of thoughtful food shopping. It reminded me of the longtime maxim that's a standby of intelligent homemakers . . .have a food plan that goes to the grocery store with you.

Food planning is a sort of a mighty weapon in the hands of women, the same women that some call helpless in the face of high food prices. No, we can't hammer down food prices today or tomorrow. . . .to just where we want them. But food planning makes little savings along the line and saves nickels and dimes that mount up over the days.

And so it keeps your food budget in the black. Furthermore, a food plan that outlines good nutritious food each day means feeding your family well. And. . .in the long run. . .because we use left-overs, buy only what we need, and cut waste all the way around. . .food planning helps us all save scarce food for the hungry overseas.

This weekend we can save money with a food plan based on stewing hen. Let's say we're outlining meals for three days. Well, we'll plan good chicken main dishes for three meals. . .different ones for variety and extended ones to make the chicken go that far. You can count on a four and a

half to five-pound hen for three main dishes. . .if you feed a family of four thriftily. And you'll find the hen selling for about 40 cents a pound in many city markets. *

I'd start with savory chickenburgers. . .for Saturday night buffet supper perhaps. They'll use the bony pieces of the hen. . .and how to make them? Well, I'll give you the recipe in just a moment. Then you'll have the meaty pieces left for crusty browning to make Sunday dinner a real treat. You'll still have enough chicken left over. . .little pieces of meat you can put in a creamed chicken omelet for Monday dinner.

But now for those chickenburgers. They're mixed in a jiffy. And you'll need these ingredients. One cup of chicken, skin and giblets. One-half cup of bread crumbs. One egg. Two tablespoons of onion, minced. Two tablespoons of celery, diced. One tablespoon of catsup. One-half teaspoon prepared mustard. And some salt, pepper, and Worcestershire sauce. Just add all the ingredients to the ground chicken. Mix well and spread on split buns and toast. Or make the mixture into cakes and brown in chicken fat. These you can serve on toasted buns.

So there you are with a food plan that makes one chicken buy do for three meals. And the family will go for those chickenburgers. . .a happy idea for Saturday night informality. But don't forget your weekend vegetables. You're being economical, of course. So you'll choose the plentiful ones. . .like tender new cabbage. You'll pick up a few plentiful fruits too . . .such as grapefruit and oranges. Their bright tang brings vitamin C to your meals. . .and has all kinds of uses in salads and desserts.

Yes, it's planning around the plentiful foods and making your meat buys go a long way that form the heart and soul of a good food plan. Chicken isn't your only good bet, of course. So watch your local food prices. . . and watch for a chance to buy one of the larger pieces of meat. . .as today's hen . . .for the weekend. But make it last for two or three meals to save you

money in the long run.

* NOTE TO BROADCASTER: Substitute current locally prevailing prices for those quoted in this material.

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION

Radio Script for Women Broadcasters June 11, 1948

POTATO-WISE IS DOLLAR-WISE

If you are just on mere "nodding" terms with our sturdy brown-jacketed friend. . .the potato. . .you'd do well to get better acquainted. The potato . . .you may argue. . .is a common lot. . .a rather ordinary thing to get very excited about.

But wait. Potatoes are news today. They take a front seat. . .right on the 50-yard line. . .at important events on dinner tables. And why? Because they're plentiful. . .and so moderate in price. And what more could we womenfolk want than that. . .with high price tags on so many of the things battling for our food dollars.

And. . .believe it or not. . .there are new things to know about potatoes too. You've mashed them. . .and creamed them. . .and fried them. . .and baked them for many years. . .maybe you think you've exhausted all the ways with potatoes. But say not so. For potatoes can be the makings of main dishes. . . not just a side dish. . .a vegetable.

With prices so high it's good news to hear new ways of using this economical vegetable in main dishes the family will like. Potatoes are wonderful in main dishes that stretch the flavor of meat. . . And I know of one recipe. . .it's potato-hamburger pie. . . you'll want to have for your own. Have your pencils ready for I'll be ready to give it to you in a minute.

Another "know how" about potatoes is really new. . .the result of some recent experiments in cooking potatoes. . .conducted by home economists for the government. For potatoes, you know, are valuable sources of that important Vitamin C. . .and other vitamins. . .if they're carefully cooked. But if the cook isn't potato-wise. . .she may waste some of these vitamins. And of course that's wasting good food money.

This we're sure of. . .that the best-cooked potatoes come to dinner in their jackets. For the jackets keep the valuable nutrients inside. And the jackets of these new potatoes which are so plentiful are especially tasty. . .if you're serving baked potatoes. And if you're going to cream or hash-brown the potatoes . . .boil them in the jackets first and then slip off the skins. Yes, you'll lose more vitamins if you boil them after peeling.

Another thing we've learned. . .that twice cooking potatoes. . .boiling and then frying them for instance. . .loses more vitamins than one cooking. And fried potatoes -- pan fried or French fried -- lose more vitamins than potatoes that are baked or boiled. So if your family is devoted to these crispy brown dishes. . .make sure you add vitamins to the meal with other vegetables and fruits.

Our recipe promise isn't forgotten. Right here is the way to make potato-hamburger pie. . .enough to serve four persons. Are you ready? It's 12 small onions, eight small carrots, three-fourths pound ground beef, seasonings, three tablespoons of fat, three tablespoons of flour, and two cups of seasoned mashed potatoes.

Now cook the onions and carrots in a little water until tender. While they're cooking, season the beef and shape into eight balls. . .brown them in fat and place in casserole. To make gravy, add flour to beef drippings and brown it. Then add one and a half cups of liquid using any you have left from cooking the vegetables. Stir until thickened. Add the gravy, onion and carrots to the meat balls. And cover with well-seasoned mashed potatoes. Brush with milk. . .and bake in a moderate oven. . .350 degrees. . .until they're brown. . .or about 20 minutes.

Isn't that a scrumptious main dish. . .piled high with fluffy mashed potatoes. . .all golden brown and savory. And I hardly need say. . .with just three-fourths pounds of meat. . .it's an economy serving. So let the potato go to work for you. We've plenty of them this season. . .to do the job.

FOR YOUR INFORMATION: This is the national list of plentiful foods as prepared by the Food Distribution Programs Branch, Production and Marketing Administration. Each of the PMA offices at New York, Atlanta, Chicago, Dallas and San Francisco distributes a list which is adapted more specifically to the area it serves. The list below, therefore, may vary somewhat from the regional lists. If you wish to receive the list for your area every month, please let us know.

OFFICE FOR FOOD AND FEED CONSERVATION

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UNITED STATES DEPARTMENT OF AGRICULTURE
Production and Marketing Administration
Washington 25, D. C.

April 30, 1948

FOODS IN PLENTIFUL SUPPLY DURING JUNE 1948

The foods listed below are expected to be in plentiful supply throughout the greater part of the United States during June 1948. Since conditions may vary from area to area, it is suggested that the local availability of items be verified.

1. Irish Potatoes
2. Cauliflower
3. Spinach
4. Celery
5. Citrus Fruits (Oranges, Grapefruit, and Lemons)
6. Canned Peas
7. Canned Pumpkin
8. Canned Sweetpotatoes
9. Canned Tomato Products (Juice, Catsup, Paste, and Puree)
10. Canned Apples, Applesauce, and Apple Juice
11. Canned Citrus Juices (Orange, Grapefruit, and Blended)
12. Canned Grapefruit Segments
13. Canned Fresh Prunes (Purple Plums)
14. Dried Fruits (Prunes, Raisins, Peaches, and Figs)
15. Fruit Spreads
16. Honey
17. Peanut Butter
18. Fresh and Frozen Fish
19. Eggs

Irish Potatoes: Potatoes are plentiful this June. California production is expected to be of near record large size. Generous supplies are available from the Southeastern States. Distribution of the early crop should be general throughout most of the United States.

Cauliflower: Despite dry weather, a record large acreage in California is providing plentiful supplies of cauliflower, only about 5 percent below the record level in 1946. Prices are moderate and distribution is general.

Spinach: Plentiful supplies for the areas east of the Rockies are available. Pennsylvania and New Jersey are supplying the major Eastern markets while Mid-western areas are being supplied from Illinois and Missouri. Some local production is available in other areas. The crops in the four States listed above are expected to be considerably greater than last year when supplies were ample.

Celery (first half of month): June celery marketings are principally of the Pascal type from California. Florida is continuing to supply fairly important quantities in the first half of the month. Toward the end of the month Oregon and Michigan celery will begin to appear on the market in limited quantities.

Citrus Fruits (Oranges, Grapefruit, and Lemons): Citrus fruits are being produced in heavy volume. Oranges from California and Florida, grapefruit from Florida, and lemons from California. Oranges and lemons are of good quality, while grapefruit will be somewhat more mature and have a lower acid content than in previous months. Citrus fruits are generally available throughout the Nation.

Canned Peas: Stocks of canned peas are greater than they have ever been for this time of year. A record large carry-over into the 1948 canning season is in prospect. Lower grade peas are being offered at particularly attractive prices.

Canned Pumpkin: Plentiful supplies of canned pumpkin are available at moderate prices, largely because of heavy carry-over stocks at the opening of the 1947 season.

Canned Sweetpotatoes: This is another item with a very substantial carry-over from the record large 1946 pack, in addition to the 1947 pack. Prices are generally on a competitive level with the fresh product, particularly for dry pack stock in No. $2\frac{1}{2}$ cans.

Canned Tomato Products (Juice, Catsup, Paste, and Puree): Tomato juice, catsup, paste, and puree are in liberal supply. The record volume of tomato juice packed in 1946, coupled with ample production in 1947, resulted in an especially plentiful supply which is retailing at relatively reasonable prices.

Canned Apples, Applesauce, and Apple Juice: Although the 1947 packs were not as large as in the preceding season, supplies are heavy, owing to substantial carry-overs at the beginning of the 1947 season. Canners' prices are reported to be considerably below those of a year ago.

Canned Citrus Juices (Oranges, Grapefruit, and Blended): The 1947-48 canning season produced a large volume of these juices, distribution of new pack supplies in general, and prices are reasonable.

Canned Grapefruit Segments: While the 1947-48 pack is below the record level of production in 1946-47, supplies are plentiful and prices moderate.

Canned Fresh Prunes (Purple Plums): While the 1947 pack was less than in 1946, a heavy carry-over from the 1946 season resulted in large supplies available for consumption in 1947-48. This is one of the lowest priced dessert fruits on the market today.

Dried Fruits (Prunes, Raisins, Peaches, and Figs): With average to above average production of these dried fruits and with the lack of commercial export demand which took a large portion of the crop in prewar years, domestic supplies are now very plentiful. Prices to growers of fruits for drying were about one-half the level which prevailed during the 1946 season. Availability in retail stores may be irregular this month in some areas due to climatic conditions.

Fruit Spreads: With larger supplies of sugar available, production of jams, jellies, marmalades, and fruit butters in 1947 is estimated to have totaled approximately 850,000,000 pounds — only slightly below the peak of wartime

production when very substantial quantities were being taken for the military forces. As a result of the large supplies available, prices have declined in recent months.

Honey: Increases in the available supplies of sugar and sirups have resulted in some curtailment of demand for honey, while production has remained at a high level. Wholesale prices of bottled honey are about 40 percent below prices prevailing in the spring of 1947. Generous supplies are available throughout the country but local supplies vary considerably in type, quality, and price.

Peanut Butter: Peanut production in 1947 was about 25 percent above the 1936-45 average. An ample supply of peanut butter is available.

Fresh and Frozen Fish: Fresh fish supplies are plentiful. Landings are at very high levels during June. The various species of fresh and frozen fish are readily available in the areas in which they are customarily sold. It is recommended, however, that supplies in local areas be checked as to varieties available. Facilities for distribution of frozen stocks may affect local supply.

Eggs: While egg production declines seasonally during June, movement into storage also declines. Market supplies are fairly plentiful. Prices have been and are expected to continue to be relatively reasonable.

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In addition to the items listed above, supplies of Frozen Lima Beans and Frozen Peas are considered relatively plentiful.

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Ducks (Northeast Region): Storage holdings of frozen ducks are at record levels for this period of the year. In addition, seasonally large marketings of fresh ducks are occurring. Since the bulk of stocks are in the North Atlantic and East North Central States, emphasis should be confined to these areas.

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ATTENTION FOOD EDITOR Use the easy-to-order form below to get these photos or mats to go with your features on plentiful potatoes and the Department's free recipe and menu booklet, "Money-Saving Main Dishes." Each picture exclusive to one newspaper in each city on "first come, first served" basis. Your selection will be sent by special delivery mail (air mail west of Mississippi River). Proof of use will be appreciated.

OFFICE FOR FOOD AND FEED CONSERVATION

Recipes for the main dishes featured in these photos are from "Money-Saving Main Dishes," pages 42, 43.

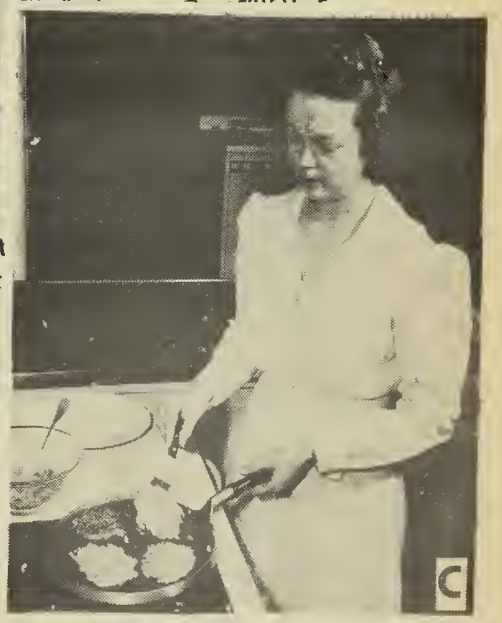
Potato nests with eggs

1 1/2 cups left-over mashed potatoes

Potato pancakes with cheese sauce

2 cups grated raw potato
1/4 cup milk
1 egg, beaten slightly
2 tablespoons flour
1 tablespoon finely chopped onion
1 teaspoon salt; pepper

potato immedi



toes.

Cover the dish and bake
erate oven (350° F.) about
utes or until potatoes ar
tender.

Meanwhile, sprinkle
salt, pepper, and flour
lightly in a little fat. Cu
pieces.

Sprinkle liver over P
continue baking, cover
tatoes are done.

Office for Food and Feed Conservation
United States Department of Agriculture
Washington 25, D. C.

Send the potato photo material to us for use in our food section. We want

(check one) ☐ 8 x 10 GLOSSY PRINT ☐ 2-Col. MAT

of picture (draw circle to show choice) A B C

Editor_____ Paper_____

Street_____ City & State _____

UNITED STATES DEPARTMENT OF AGRICULTURE

OFFICE FOR FOOD AND FEED CONSERVATION

WASHINGTON 25, D. C.

June 11, 1948

To Home Economists in Business:

Potatoes are plentiful! Today's food fact means that potatoes are a good buy. Abundant supplies, in fact, have caused the produce industry and farm organizations to search out various ways of encouraging homemakers to use more potatoes. Industry groups, working with the Department of Agriculture, have selected June 17 to 26, inclusive, as the period in which to focus attention on potatoes.

The Department is cooperating largely because the greater use of potatoes, as replacements for or extenders of scarce foods, will conserve food and check inflation. Your help in this program not only is welcome, but is essential to whatever success we achieve.

As an aid to you in cooperating, we have prepared the enclosed folder which brings you, for the first time, a popular report of the brand new research of the Bureau of Human Nutrition and Home Economics on comparative losses of vitamins and minerals when potatoes are cooked in different ways. We know you will want to use these facts in your educational programs -- whether on the air, in the press, or in your teaching of women's groups.

For those of you who have radio programs, we have prepared a short radio script using one of the recipes from our new potato folder. This script may suggest ways of using the potato facts in popular talks or articles.

While potatoes are today's stand-out plentiful food, they are only one of the many on the June list of plentifuls. (The list is enclosed; please note the caution about possible local variations.) The list is an effective guide for food buyers -- homemakers as well as the commercial food buyers who have used it for years.

By encouraging consumers to shop the plentiful list first, you will help them to save money in a time of high food prices. You will also assist the food industry to market products which often pile up in the seasonal flush of production. Under these conditions, waste and spoilage often threaten to result in outright losses of foods which, by reason of their perishable quality, could never be exported to hungry nations. Early crop potatoes are in this category.

Heavier consumption of the seasonal abundance can ease sharp ups and downs in farm prices. Erratic price movements -- especially prices below even farm production costs in paradoxical contrast to the inflated prices of scarce items -- is poor business for producers and consumers alike.

If you feature potatoes in the campaign period, you may wish to remind your audience of "Money-Saving Main Dishes." It, too, is a source of reliable, new potato recipes, having a special section on potatoes. Here, too, are useful tips on buying, storing, cooking and serving potatoes.

"Money-Saving Main Dishes" is well on the road to high popularity largely because we have been helped in spreading news of its availibility by you and other home economists, by women editors and broadcasters, and by many business and civic agencies. However, many women have not been reached and we should be most appreciative of any help you can give us in telling them how to obtain copies of the booklet. You will remember that all a homemaker need do is print her name and address on a penny post card and address it to Food Conservation, Washington 25, D. C. No message is required.

If you wish to distribute the booklet directly to the women you reach we shall be glad to provide you with a bulk supply to be distributed upon request.

"Money-Saving Main Dishes" is designed to further the cause of conservation. The need for continued effort, especially the voluntary participation of consumers in the wise management of our food resources, is well illustrated by the enclosed reprint of an article by Malvina Lindsay which appeared in the Washington, D. C., "Post." You will find therein many reasons why our food conservation program is endeavoring to guide consumers to a diet that makes the best use of our plentiful foods, assures adequate nutrition, and is intended to help consumers hold down food costs without developing practices adverse to our agricultural system and our long-range plans for American farming.

Sincerely yours,

Donald J. Lehman

Donald J. Lehman
Acting Director

Enclosures: 4
Have You Read This ?
Use Plentiful Potatoes
June Plentiful Food List
Radio Script - Potato-Wise is Dollar-Wise

UNITED STATES DEPARTMENT OF AGRICULTURE

OFFICE FOR FOOD AND FEED CONSERVATION
WASHINGTON 25, D. C.

June 11, 1948

To Women's Page Editors:

Potatoes are plentiful! Today's food fact means that potatoes are a good buy. Abundant supplies, in fact, have caused the produce industry and farm organizations to search out various ways of encouraging homemakers to use more potatoes. Industry groups, working with the Department of Agriculture, have selected June 17 to 26, inclusive, as the period in which to focus attention on potatoes.

The Department is cooperating largely because the greater use of potatoes, as replacements for or extenders of scarce foods, will conserve food and check inflation. Your help in this program not only is welcome, but is essential to whatever success we achieve.

As an aid to you in cooperating, we have prepared the enclosed folder which gives the first popularized report of brand new research on comparative losses of vitamins and minerals when potatoes are cooked in different ways. The repertory of a baker's dozen of tested potato recipes will give homemakers good reason to try new ways of using this plentiful vegetable—especially in economical main dishes.

If you wish to feature a photograph of an attractive potato main dish, we can provide you with a glossy print of "Potato Nests with Eggs" or "Potato Pancakes with Cheese Sauce"—dishes for which recipes are given in "Money-Saving Main Dishes." These are shown on an enclosure, together with a form you can use in ordering.

While potatoes are today's stand-out plentiful food, they are only one of the many on the June list of plentifuls. (The list is enclosed; please note the caution about possible local variations.) The list is an effective guide for food buyers—homemakers as well as the commercial food buyers who have used it for years.

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"Money-Saving Main Dishes" is well on the road to high popularity largely because many women broadcasters have told the story of the new booklet to homemakers in every state. At the price of repetition, we would like to point out that many newspapers and publications are taking part in distributing "Money-Saving Main Dishes" as a service to both the general public and the individual homemaker. Here are ways in which you can help to put the new booklet in the hands of homemakers.

(1) Request a bulk supply of the booklets for mailing to readers in response to mail and phone requests you receive.

(2) Send the requests your newspaper receives to this office where they will be filled immediately.

(3) Tell readers to print their names and addresses on penny post cards and address them to Food Conservation, Washington 25, D. C. (No message is required but "Money-Saving Main Dishes" will be sent to those who send in the cards.)

"Money-Saving Main Dishes" is designed to further the cause of conservation. The need for continued effort, especially the voluntary participation of consumers in the wise management of our food resources, is well illustrated by the enclosed reprint of an article by Malvina Lindsay which appeared in the Washington, D. C., "Post." You will find therein many reasons why our food conservation program is endeavoring to guide consumers to a diet that makes the best use of our plentiful foods, assures adequate nutrition, and is intended to help consumers hold down food costs without developing practices adverse to our agricultural system and our long-range plans for American farming.

Sincerely yours,

Donald J. Lehman

Donald J. Lehman
Acting Director

Enclosures-4
(1) "Have You Read This?"
(2) "Use Plentiful Potatoes"
(3) "The June Plentiful Food List"
(4) "Free Picture or Mats"

UNITED STATES DEPARTMENT OF AGRICULTURE

OFFICE FOR FOOD AND FEED CONSERVATION

WASHINGTON 25, D. C.

June 11, 1948

To Women Broadcasters:

Potatoes are plentiful! Today's food fact means that potatoes are a good buy. Abundant supplies, in fact, have caused the produce industry and farm organizations to search out various ways of encouraging homemakers to use more potatoes. Industry groups, working with the Department of Agriculture, have selected June 17 to 26, inclusive, as the period in which to focus attention on potatoes.

The Department is cooperating largely because the greater use of potatoes, as replacements for or extenders of scarce foods, will conserve food and check inflation. Your aid in this program not only is welcome, but is essential to whatever success we achieve.

As an aid to you in cooperating we have prepared the enclosed folder which gives the first popularized report of brand new research on comparative losses of vitamins and minerals when potatoes are cooked in different ways. The repertory of a baker's dozen of tested potato recipes will give homemakers good reason to try new ways of using this plentiful vegetable—especially in economical main dishes.

As another tool for your cooperation in the Department's potato campaign, we have prepared a broadcast script which may suggest points you would like to stress. The recipe in the script is taken from our new folder.

While potatoes are today's stand-out plentiful food, they are only one of the many on the June list of plentifuls. (The list is enclosed; please note the caution about possible local variations.) The list is an effective guide for food buyers—homemakers as well as the commercial food buyers who have used it for years.

By encouraging consumers to shop the plentiful list first, you will help them to save money in a time of high food prices. You will also assist the food industry to market products which often pile up in the seasonal flush of production. Under these conditions, waste and spoilage frequently threaten to result in outright losses of foods which, by reason of their perishable quality, could never be exported to hungry nations. Early crop potatoes are in this category.

Heavier consumption of the seasonal abundance can ease sharp ups and downs in farm prices. Erratic price movements—especially prices below even farm production costs in paradoxical contrast to the inflated prices of scarce items—is poor business for producers and consumers alike.

If you feature potatoes in the campaign period, you may wish to remind your audience of "Money-Saving Main Dishes." It, too, is a source of reliable, new potato recipes, having a special section on potatoes. Here, too, are useful tips on buying, storing, cooking and serving potatoes.

"Money-Saving Main Dishes" is well on the road to high popularity largely because many women broadcasters have told the story of the new booklet to homemakers in every state. At the price of repetition, we would like to point out that many radio stations are taking part in distributing "Money-Saving Main Dishes" as a service to both the general public and the individual homemaker. Here are ways in which you can help to put the new booklet in the hands of homemakers:

(1) Request a bulk supply of the booklets for mailing to listeners in response to mail and phone requests you receive.

(2) Send the requests your radio station receives to this office where they will be filled immediately.

(3) Tell listeners to print their names and addresses on penny post cards and address them to Food Conservation, Washington 25, D. C. (No message is required but "Money-Saving Main Dishes" will be sent to those who send in the cards.)

"Money-Saving Main Dishes" is designed to further the cause of conservation. The need for continued effort, especially the voluntary participation of consumers in the wise management of our food resources, is well illustrated by the enclosed reprint of an article by Malvina Lindsay which appeared in the Washington, D. C., "Post." You will find therein many reasons why our food conservation program is endeavoring to guide consumers to a diet that makes the best use of our plentiful foods, assures adequate nutrition, and is intended to help consumers hold down food costs without developing practices adverse to our agricultural system and our long-range plans for American farming.

Sincerely,

Donald J. Lehman

Donald J. Lehman
Acting Director

Encl.
Use plentiful potatoes
Have you read this ?
June Plentiful Food List
Radio Script: Potato Wise is Dollar-Wise

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMERS ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Monday
June 14, 1948

ATTENTION WOMEN BROADCASTERS:

Did you ever notice how kindly American men feel toward Jiggs of the comic strips? They feel as though he is a real friend. And that feeling isn't because he is usually in the dog house with Maggie — because of wearing carpet slippers at social functions and the like. No. I think American men feel a sort of comradeship toward Jiggs simply because that funny little man loves corned beef and cabbage. When the Jiggs first moved into their castle-like home years ago Jiggs used to go to all manner of trouble to sneak some corned beef into the house. When Maggie wasn't looking. So American men sympathized with him — because what man doesn't share Jigg's fondness for corned beef and cabbage!

Of course, most wise wives know this. And — most women know too that children love this dish. Just between us girls — we women like it too. Besides it's really an inexpensive meat — now in our recipe for today — Stuffed Cabbage Rolls — you need use only two-thirds of the ordinary 12-ounce can of corned beef — about 35 cents worth for four persons.

Here's how to make good Stuffed Cabbage Rolls — wilt eight cabbage leaves about five minutes in boiling salted water until they are limp enough to roll. Drain them. Brown one-fourth cup of chopped onions and one cup of diced potatoes in two tablespoons of drippings — add one and one-fourth cups of cubed corned beef. Divide the mixture into eight parts — roll and wrap each one in a cabbage leaf and secure with toothpicks. Place the rolls in a baking dish — add the one-half cup of boiling water in which the cabbage was wilted, cover and bake in a 350 degree

oven about 15 minutes — to heat thoroughly. Serves 4.

With your cabbage rolls serve parslied whole carrots and an orange and prune salad. And if you serve shortcake for dessert — well your husband will kiss you twice — for having two of his favorite dishes in one meal. And the children will eat all their vegetables just in order to get a second helping both of the corned beef and the shortcake.

If strawberries are high-priced in your market, here's a rhubarb shortcake that's original — and economical. Use either frozen or fresh rhubarb whichever is cheaper — cook together one cup of water, three-fourths cup of sugar and one-half cup of finely sliced rhubarb — for fifteen minutes. Pour this rhubarb syrup into a greased eight-inch cake pan. Roll rich shortcake dough about a half-inch thick — brush with melted fat, and cover with two cups of rhubarb cut into small pieces and sweetened. Roll this as a jelly roll. Cut it into one-half inch slices and lay the slices, cut side down, in the hot syrup. Bake in a hot oven — 400 to 425 degrees for about twenty minutes. Serve hot or cold — with hot, cooked rhubarb sauce or with cream.

And now that dinner's all set . . .there's that third of a can of corned beef left over. Here's one dandy suggestion for using it. You might fry thinly sliced potatoes and onions until they're brown. Cook slowly until they're tender and then pour over a mixture of scrambled eggs and crumbled corned beef — yes, that left-over third of a can. Just cook until the eggs are set — and you've got another savory dish.

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UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Tuesday
June 15, 1948

ATTENTION WOMEN BROADCASTERS:

Washington — our Nation's Capital — is noted for its charming hostesses. Of course, those whose names appear in the papers usually have plenty of money to run well-ordered homes. But I know a woman whose husband is in a minor white-collar job who could qualify as one of the most successful of Washington hostesses. Yet she does all her own housework — takes beautiful care of her children — there are two of them — and whenever her husband wishes he feels free to call her at five in the afternoon to say he's bringing "good old Dick" home from the office for dinner. Moreover, this woman — let's call her Mrs. X — manages their very limited budget wisely. And she gives her family wholesome, well-cooked and wonderfully tasty meals.

How does she manage it all? Well, she makes a business of running her home. For instance — she always shops for plentiful foods — because she knows that foods that are in season and plentiful are cheaper than scarce ones. Mrs. X never gives the impression that she's pinching pennies — there is always plenty to eat. But her secret is — she doesn't waste a bit of it. Everything has its uses in the X family.

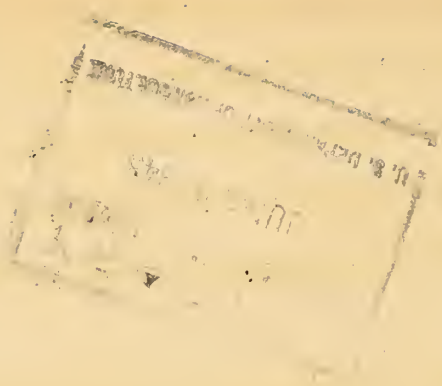
Here's a dish she often whips up on those days that Mr. X calls to say he's bringing over one of the fellows from the office — Cheese Barbecues — two cups of baked beans — the ordinary pound can, you know — and one-half pound of American cheese put through a food chopper. Cook two tablespoons of chopped onions in one tablespoon of fat — cook until onions are tender — then add this to the bean and cheese mixture. Combine one-fourth teaspoon dry mustard with salt and pepper and blend them in with

one egg. Dash in a half teaspoon of Worcestershire sauce, add half cup of milk, and one cup of dry bread crumbs. Now blend all the ingredients together and let your mixture chill for about ten minutes. Shape it into patties, brush with fat, and put in a shallow greased baking pan.

Bake in a moderate oven — 350 degrees for 15 minutes. Remove patties from the oven and cover with barbecue sauce, and then bake for 15 minutes longer. Serves 4.

The barbecue sauce may be made beforehand and in fact that's what Mrs. X does — makes a batch of it and keeps it in the refrigerator in a bottle. Her family, you see, loves this cheese barbecue dish so well that they keep begging her to serve it at least once a week. Well — here's how you make the barbecue sauce — but first the ingredients you'll need — 2 tablespoons chopped onion — one tablespoon fat — one tablespoon brown sugar — one-half teaspoon dry mustard — one-half teaspoon salt — one-third cup finely chopped celery — one-half cup of water — three-fourths cup of catsup — one tablespoon vinegar — one tablespoon Worcestershire sauce. Cook the onion in fat until lightly browned. Combine sugar, mustard and salt and add vinegar slowly. Add remaining ingredients and simmer for 15 minutes.

Now with our Cheese Barbecue let's consider what Mrs. X serves — fresh spinach — shredded carrot salad — chilled fruit compote and ginger snaps. Colorful to look at — and everyone compliments her invariably on this dinner. And — she doesn't over-spend on it either.



UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Wednesday
June 16, 1948

ATTENTION WOMEN BROADCASTERS:

The woman who is saving food -- both for the benefit of her country and her own pocketbook -- needn't be obviously penny-pinching about it. I mean she can pinch pennies and yet serve meals that look as though dollars rolled through her fingers. For instance -- a crown rib roast may seem like a king's dish these days of high meat prices. And it is if you choose your crown roast from the loin cut of lamb.

But have you tried a crown roast made from beef short ribs? Short ribs won't strain your budget -- and they can be delicious. Here's a recipe for instance that will serve four persons and cost you about ninety cents. It's called Short Rib Crown Roast. Get two pounds of beef short ribs. Ask your butcher to leave the short ribs as they are -- in strips. Sew or skewer the ends together. Season with salt and pepper and place on rack in roasting pan. Fill the center with stuffing. And here's a savory stuffing made with mashed potatoes. Combine one-fourth cup of chopped onion, one teaspoon chopped parsley, two cups of bread crumbs, one egg, and one cup of mashed potatoes. Brush the top of the stuffing with two tablespoons of melted drippings. Bake the roast uncovered, in a slow oven -- 300 degrees -- for one hour. Then add one cup of water, cover and continue baking for one to one and a half hours -- until tender. There'll be enough for 4 to 6 servings.

With this roast how about some bright green broccoli? A pound will do -- if you look it over carefully before buying it. Always look for tender stalks with compact dark green heads. Avoid the over-mature heads -- those slightly purple or yellow -- they're tough usually.

Flavor the brocolli with lemon juice or, if you prefer, some tart mayonnaise. The salad could be one of beets — colorful and good — a pickled beet salad — and the dessert homemade strawberry ice cream.

If you make the ice cream yourself out of evaporated milk instead of cream you can make it very economically.

There — you have a king's dinner on a limited budget! And — have you noticed the color scheme? The main dish, of course, is beautifully browned — the salad is red — the vegetable green — and the dessert a luscious strawberry pink. It's just human nature to enjoy food that looks as good as it tastes!

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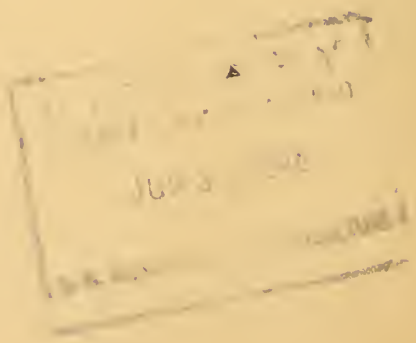

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Friday
June 18, 1948

ATTENTION: Women Broadcasters

There is a certain mother-in-law. Her only son married the girl of his choice, not his mother's. . .a girl he had met in France when he was there during the war. Correspondence resulted in a proposal -- an eager acceptance -- and a mother who wasn't certain that her son had acted wisely.

The young couple set up housekeeping quite far from the boy's parents. And the girl's letters have changed her mother-in-law's anxiousness to vast relief and happiness. Indeed, she is boasting to all her old cronies about her daughter-in-law's good sense. . .often quotes from the girl's letters.

"If brides in this country were as sensible as Nicole," her mother-in-law said, "we'd have more young families eating well on limited food budgets." In Nicole's last letter, she had been stretching her money by serving fish to Bob at least once a week. She says she has found there is little if any meat that is as cheap as fish right now.

Nicole, of course, is right. And she is right, too, when she writes her mother-in-law. "As you probably know, Bob never used to like fish. . . many men don't. . . but I found two sure-fire rules. . .he actually looks forward to fish dinners now." Here's her first rule: you have to add some tang to fish like lemon wedges or some tart sauce.

Of course, good cooks don't need a French girl to tell them that! Nor to tell them the second good rule of fish cookery. . .have the oven temperature just right. . .not too high. . .and don't cook too long.

Nicole discovered another thing about our glorious country. . .fish steaks . . .cod, halibut, and haddock cost only about 40 or 50 cents a pound. And there is very little waste to any of these steaks, because the only bone in them is the backbone. She knew from her French mother that such fish. . .because they're lean. . .really have to be brushed with fat -- French dressing, mayonnaise or salad oil. . .or add a bit of bacon fat, or bits of bacon or tiny chunks of salt pork.

One recipe the proud mother-in-law has shared with several friends is Piquant Baked Fish. . .yes, it came from her daughter-in-law. . . Choose one pound fish steaks. . .salt and pepper them and cook for 15 minutes in a moderate (350 degree) oven. Now combine one tablespoon chopped onion, one tablespoon chopped pickle, one tablespoon chopped parsley and two tablespoons of French dressing. Spread these ingredients over the fish. Continue baking for 10 or 15 minutes. . .until the fish flakes easily when tested with a fork. This will serve four.

With this highly flavored fish dish. . .how about serving stuffed baked potatoes. . .braised celery. . .cole slaw. . .and to top it all off apricot whip. Mention of potatoes reminds me. . .these, too, are a plentiful food now. . .consequently cheaper. . .and remember this. . .they need not. . . repeat need NOT be fattening. One medium sized potato has no more calories than a medium sized banan or apple. It's the total of all the foods you eat that adds the pounds.

Well, Nicole's now proud mother-in-law and her cronies haven't got a corner on low-cost dinners. All of us can use their economy tricks. . . saving by choosing fish and potatoes and other plentiful foods.

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Monday
June 21, 1948

ATTENTION: Women Broadcasters

There are two women whose husbands work in the same office. . .each man earns less than $3,000 a year. Both families. . .we'll call them the Browns and the Blacks. . .have had quite a bit of trouble finding places to live. I mean places within their budget. Finally they located small apartments in a rather dilapidated housing project in their city. The Blacks immediately set about fixing up their place. . .painted the walls a cool gray, the floors black, and Mrs. Black slipcovered the old sofa and chairs with inexpensive but gay splashy covers. The Browns did nothing with their place, nothing but bemoan its ugliness, nothing but hope for a day when they strike it rich, and be able to buy just the kind of house they wanted.

There is another striking difference between the Blacks and the Browns. They both have to save. . .watch pennies even. . .to stretch incomes so they meet living costs. Especially they economize on food. . .with prices so high. Mrs. Brown thinks of money-saving meals in terms of hamburger, and it's a wonder that Mr. Brown can keep up even a scrap of hope for a better future. . . when he has to come home every night to drab surroundings. . .as well as to drab unimaginative dinners. Mrs. Black on the other hand realizes that you can have just as much variety in low-cost meals as in inexpensive ones. She has hamburgers occasionally, to be sure. But there is a variety in her hamburger dinners. . .her mind clicks in variety in meals, as cheerfully as it did on spice in her apartment. The majority of us these days have to think in terms of budgets. . .as the French would put it, we make soup with what we've got.

And that, of course, is the idiomatic way of saying. . .if you can't have what you want to put in the soup. . .all the most costly ingredients and the like. . .then make the best possible soup with the things you can afford. It's really just another way of saying. . .make the most of things.

Variety at low cost is the theme song of today's main dish suggestion . . .Spinach and Liver Timbales. By using pork liver you pay around 39 cents a pound instead of about 90 cents for calf's liver. Our recipe uses half a pound of pork liver and here's how it's done. . . Pour hot water over the liver and allow to stand for five minutes. Remove the veins and connective tissues and grind the liver. Melt one tablespoon of fat and blend in it one tablespoon flour. Stir in gradually two-thirds cup of milk and add two well beaten eggs, one cup of chopped spinach and the ground pork liver. Season to taste. Place the mixture in well greased custard cups and bake in a pan of hot water in a moderate (350°F) oven for 30 minutes or until set. Now this recipe serves four and liver is so rich in protein that the one-half pound along with the milk and eggs of this dish furnish all the protein you need in a main dish.

With your spinach and liver timbales, how about escalloped potatoes, pickled beets and celery sticks, and for a novel dessert a cottage cheese bowl and crackers and fruit.

Cottage cheese is in plentiful supply right now. . .so the price is reasonable. . .and cottage cheese is very nutritious. A good dessert. . . the one suggested to top off the Spinach and Liver Timbale meal is this. . . add a little crumbled blue cheese to chilled cottage cheese. . .a dash of Worcestershire sauce, seasoning and a bit of top milk. Serve it with crispy crackers and a tart raw fruit. . .red cherries with their stems on or orange wedges.

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMERS ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Tuesday
June 22, 1948

ATTENTION: Women Broadcasters

Supposing you lived where there was no electricity. . .no easy flip of a switch to bring forth light. . .no way at all of lighting your home excepting by means of three oil lamps. And. . .suppose there were no way of getting more lamps. . .not for a year or more at least. Well, you wouldn't be likely to burn all three of those lamps every night would you? You'd carefully save them. . .use those precious wicks very carefully.

Well, there's no use beating around the bush about it. . .we're in that sort of position in this country so far as meat is concerned. We're eating more meat than we are producing. . .depleting our herds. So, it's up to us to go easy on meat. . .so we'll have enough for tomorrow as well as today. As you know scarce things are always higher, so when we stretch our meat supplies and help build up a reserve supply of meat, we're not only insuring meat for the future. . .we're saving our own money today.

There are all manner of meatless meals that can be served that increase your prestige as a good cook. Here's one that is so tasty and nutritious that no one in the family will miss meat when you serve it. It's called Eggs In Deviled Cheese Sauce. Easy to prepare. . .though no one will think so.

Here's how you do it. . . Melt two tablespoons of fat. . .blend in three tablespoons of flour. . .and then slowly stir in three-fourths of a cup of tomato juice. Add one-fourth pound of diced American cheese, stirring constantly until the cheese is melted. Add another half cup of tomato juice.

Now arrange the halves of hard-cooked eggs, cut lengthwise, in a greased baking dish. Pour the cheese mixture over the eggs. Sprinkle with bread crumbs and dot with fat. Brown the dish under the broiler. This will serve four with second helpings for father and eldest son.

With this dish serve steamed rice, baked onions, a garden salad, stewed rhubarb and cookies.

Here's a tip about American cheese. . .it's technical name is Cheddar. There's a Federal standard that says Cheddar cheese can't contain more than 39 percent moisture. And. . .the rest. . .the solids. . .must be at least half milk fat. So you see you're protected by government regulations in the case of Cheddar cheese. If a cheese doesn't come up to this standard then it must be called "cheese food." Some cheese foods costs less than regular cheese. . .but you have to watch your prices. . .for some cost more.

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMERS ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Wednesday
June 23, 1948

ATTENTION: Women Broadcasters

There are lots of ways to economize if you have even a tiny garden of your own. One way is to grow herbs to lend flavor and richness to low cost meats.

But many of us don't have even an inch of ground to grow majoram, thyme, basil, summer savory or parsley. Fortunately though these tangy herbs that lend such a special fillip to a dish are available for all of us in our nearest grocery stores.

Before telling you about our herb and lamb dish today. . .very inexpensive but no one eating it would ever know that. . .I want to give you a few pointers on another economy food. Grapefruit sections. A number two can of these which sometimes costs as little as 13 cents serves four persons! I'm suggesting a citrus fruit salad bowl to go with our lamb with herbs and creamed new potatoes today. And for dessert. . .gingerbread with foamy sauce. All relatively inexpensive dishes.

Well, we'll start with the how of our main dish. . .remove excess fat from two pounds of breast of lamb. Cut the lean meat into pieces and roll them in seasoned flour. Slice one onion and cook the meat and onion in 2 tablespoons of salad oil until the meat is brown. Now add one cup of stock or water and one and one-half cups of tomato juice. . .1 tablespoon parsley . . .two tablespoons of celery leaves. . .six whole cloves. . .and a sprig of marjoram and one of thyme if you have them. Cover and cook slowly for one and one-half hours or until meat is very tender. Serve with the sauce in which it was cooked. This will serve four.

If you want to put an Italian touch to this dish, brown the meat in olive oil to bring out its full flavor.

Your citrus fruit salad bowl may be made with grapefruit sections. . . either canned or fresh. . .with alternating sections of orange. And be sure to put it on crisp lettuce to add that beauty that always makes a dish more appetizing. . .and stick a cool sprig of mint in the center for color contrast and flavor. If you have found a buy in strawberries and have a few left over from the shortcake of the night before slice them up to decorate the salad. A boiled dressing mixed with top milk is just right for this salad bowl.

Grapefruit sections make a wonderful fruit compote too. Just sprinkle the sections with sugar and top them with a thick puree of chilled apricot. Remember canned apricots are good buys right now, too.

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE
Suggested for week
June 24 - 30, 1948

TO WOMEN BROADCASTERS: Here's an extra script this week--a "special" in keeping with home interests and problems this time of year. The subject underlines the infinite variety of low-cost, appetizing meals that can be prepared with the help of "Money-Saving Main Dishes." And for that reason, you may want to keep reminding your listeners to send for a copy, if they do not have one now.

Many thanks for your cooperation.

OFFICE FOR FOOD AND FEED CONSERVATION

Summer Picnics for Children

School rooms. . .across the nation. . .are empty now of their youthful voices, shuffling feet. . .and bubbling energies that belong only to youngsters. The new arena for all this activity is the back yard. And the small fry. . . not yet old enough to fare far afield. . .have a habit of requiring just a bit of supervision.

One group of mothers I know adopted this happy idea. . .for a summer with easier, happier hours in it. Each mother has an "at home" in the back-yard" day. She takes charge of the group. . .and serves a picnic supper late in the afternoon. And need I add. . .the idea's popular with the children too.

But those picnic suppers. . .you say. Are they lots of work? They certainly don't need to be. And they can so easily be the very meal children should have after an afternoon of active play. That means dishes that taste good. . .and of course dishes that pack a wallop nutritionally. It's one of your first thoughts. . .really. . .to plan a picnic that gives generous servings of the basic seven foods that all children. . .and grown-ups too. . .need every day.

First easy-to-fix item that just fills this bill is hearty sandwiches. You'll save time if you let the children make their own. Just plan one or two good sandwich fillings. . .hearty with good food. . .but not so highly

seasoned as you would give adults. For instance, you might try what I call an "all in one" sandwich. Nothing could be heartier than the raisins, peanut butter, salad dressing and cottage cheese filling that goes in this one.

Try a salad that's high in vitamins and minerals. . .meaning one with green, leafy or yellow vegetables in it. My pick here is a fruit-carrot salad. Just arrange grapefruit and peach sections around mounds of shredded carrots on lettuce. . .for a dish so colorful the youngsters will scramble for their helping.

And let your desserts be milk and fruit dishes. Use milk for drinks too. And remember that this "milky way" can be more economical if you use evaporated milk. . .which you'll find ever so tasty in many mixtures.

Fact is, you can watch cost all the way along. And your picnic needn't be expensive at all. You can find thrifty recipes for salads and sandwiches in the government's new recipe booklet, "Money-Saving Main Dishes." And here's a publication that you can have free. Just print your name and address on a penny postcard and send it to FOOD CONSERVATION, Washington 25, D. C.

But I mentioned fruit and milk desserts a while ago. . .the kind so good for the kiddies and just as delightful to their taste. There's a recipe for one. . .called "Graham Prune Whip". . .that's ever so good. I'll take just a moment to give it to you if you'd like to take it down. For low cost it begins with evaporated milk. So it's one cup of evaporated milk, three tablespoons of lemon juice, one cup of cooked prunes, one-third cup of sugar, one teaspoon of vanilla, one cup of coarsely crushed graham crackers, two egg whites, and one-third cup of sugar for the egg whites. Chill the milk thoroughly. Add lemon juice a little at a time, beating well after each addition. Pit and slice the prunes. And blend them together with half cup of sugar and flavoring. Then beat into the whipped milk. Fold in

cracker crumbs and chill thoroughly. Beat egg whites until stiff but not dry, adding the one-third cup of sugar to them. Fold into chilled mixture. . . and serve very cold. The recipe will serve eight persons.

Evaporated milk goes into a drink that's right after the youngsters' hearts. Just say chocolate milk shake and could they ask for anything more? See how easy it is to make. Mix four cups of evaporated milk, four cups of water, and one cup of cocoa syrup. Shake them together and serve with chipped ice. You'll find this enough for eight servings.

It's fun to serve things everyone likes. So you can count on your "at home in the backyard" day for real pleasure if these good things are part of your picnic.

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Friday
June 25, 1948

ATTENTION: Women Broadcasters

It's easy to say. . ."a fish market is a fish market." But unfortunately it's not so. For some women shop at fish markets that seem to offer every fish in the sea. And other women. . .well, their choice isn't so wide. And many have nothing to choose from but canned fish on their grocers shelves. That's just the differences we get throughout our Nation. . .some of us near the coast. . .and others hundreds of miles away.

Well, here's an all-American fish recipe. . .one you can use any place in the land. That means fresh fish. . .canned fish. . .or frozen can go in this flavorsome fish potato puff. . .one just as good as the other. And if you're the lucky one who has all kinds of fish to choose from. . .you can pick the kind that's most economical at your own fish market or food store.

Many places. . .fresh fish is your most thrifty buy. For some plentiful fresh fish fillets cost less than the least expensive grades of canned salmon. But you'll still do well if your market doesn't offer fresh or frozen fish. For the pink salmon you'd need for this recipe costs only about 45 cents. . .the price you're likely to find on a pound can.

Of course, you'd like to have this recipe for your own. And I'll give it to you right now if pencil and paper are handy. Here it is. . . a fish potato puff recipe that serves four persons. First, one and a half cups of cooked flaked fish, one and a third cups of seasoned mashed potatoes, two-thirds teaspoon salt, two teaspoons lemon juice, a few drops of Worcestershire sauce, one and a half tablespoons of chopped celery, one and a half tablespoons of chopped parsley, one tablespoon of minced onion, one and a half tablespoons of fat, and two eggs. . .separated.

Combine the fish, potatoes, salt, lemon juice and Worcestershire sauce. Fry celery, parsley and onion in fat until they're tender. Add to the fish mixture. . .and then add well-beaten egg yolks and beat until fluffy. Fold in stiffly beaten egg whites. With such a light mixture. . . you'll want to pile it gently into a greased baking dish. Brush with melted fat and bake in a moderate oven. . .350 degrees Fahrenheit. . .30 to 40 minutes. . .or until it's firm and lightly browned.

By the way, if your choice is fresh fish for this recipe, poach it first by simmering in a little water until it's tender.

And keep this recipe in your best recipe file for one of those special-event meals when company appears unexpectedly. If there's a can of salmon . . .or perhaps canned smoked pork. . .on your pantry shelf, you can stir up these potato puffs without a hurried trip to the store.

And one last word. . .plan a thrifty menu to go with the fish potato puff. . .but one that goes to the table with all the pride of the more costly things to eat. A steaming dish of spinach. . .one of those nutritious greens. . .a crisp carrot-raisin salad in a bed of fresh green lettuce. . . and a bright fruit dessert. . .those are my suggestions. Dessert can be those favorite strawberries if you combine them with rhubarb. . .and it's still a last course that will fit the family budget.

That's the happy note about this whole menu. . .it does fit even hard-pressed food budgets. And in the words of a song that was popular. . . I can't remember when. . ."who could ask for anything more?"

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Monday,
June 28, 1948

ATTENTION: Women Broadcasters

Some folks declare that we of the human race like being fooled. Maybe so. And that occurred to me in getting today's recipe ready for you. For this Salisbury steak. . .energy-rich and savory. . .happens to be. . .just between you and me and your radio dial. . .just hamburger. But it's dressed up hamburger nevertheless. For there's tomato sauce to give it tang. And . . .there are piping hot potato dumplings. . .little ones cooked in the sauce with the meat.

And so. . .I say. . .if we prefer to call our hamburger Salisbury steak . . .so be it. Call it fooling ourselves. . .if you like. I understand that people order Salisbury steak at restaurants every day. . .knowing all the time that it is our old friend hamburger.

Of course, it's an economy dish. And I think all of us welcome new ways to make these low-cost main dishes more enticing to that tribe at the dinner table with the "eager beaver" appetites. You can make our Salisbury steak for today with three-fourths pound of ground beef. . .or perhaps you will grind three-fourths pound of boneless lean stew meat. Or you may buy a pound and a half of beef plate. . .and get about three-fourths pound lean meat, for it's about half bone and fat. Any way you do it. . .your meat cost stays low. I'll just give you the recipe. . .which includes the tomato sauce and the potato dumplings.

First. . .as I told you. . .it's three-fourths pound of lean beef, ground. Then salt and pepper, one teaspoon of onion, minced, three tablespoons of fat, one tablespoon of flour, two cups of hot water, one cup of tomato soup, and one tablespoon of chili sauce. Mix beef with the salt, pepper and onion. Shape lightly into small cakes and sear in hot fat until they're well-browned. Then remove the cakes. Stir flour into drippings in pan, add

water, the tomato soup and chili sauce. . .and bring to a boil. Return the cakes to pan and simmer in the sauce 15 minutes. And now for the dumplings. Drop them in the liquid, cover closely and cook 12 to 15 minutes more. You should have enough to serve four persons.

But how about the potato dumplings, you say. Yes, you'll need a recipe for them. And I have it too. Potato dumplings. . .two medium potatoes, two teaspoons of fat, one egg, beaten, one tablespoon minced onion, one tablespoon of minced parsley, one-half cup of sifted flour, one-half teaspoon of salt, two teaspoons of baking powder. Boil the potatoes in jackets until tender. Pare and press through coarse sieve or ricer. Stir in fat, beaten egg, onion and parsley. Sift flour with salt and baking powder. Add to potato mixture. . .and chill at least 20 minutes. Roll into balls one inch in diameter. . .and cook. . .as we described. . .with the meat and sauce.

So there's your Salisbury steak. . .which "by any other name" would be as good to eat. Round out your Monday dinner. . .I'd suggest. . .with glazed carrots, and cabbage salad. And for dessert. . .a delightful orange whip with cookies. Nary a one of these items will you find costly. For they're chosen with an eye to slim food budgets.

* * *

If your family likes Salisbury steak, Scotch meat patties will be popular too. Do you know how to make this thrifty, appetizing dish? There's a recipe in "Money-Saving Main Dishes," the new government recipe and menu booklet. You can get this Free booklet. . .and 150 other recipes and suggestions for main dishes that your family will like. All you have to do is to print your name and address on a penny post card and address it to Food Conservation, Washington 25, D. C.

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Tuesday
June 29, 1948

ATTENTION: Women Broadcasters

There ARE two ways about it. I mean about the business of keeping the family food budget balanced. One way is to be grim about it all. . . talk about it all the time. Then your family will be constantly aware of the great work and worry you go through. And, if your husband should work up courage enough to bring a friend home from the office the guest will sit timidly, secretly thinking of the good thick sandwich he'll get for himself when he gets back downtown. The grim attitude will of course make your husband feel like quite a heel for not being able to support you in the style to which you probably were not accustomed.

The other way. . .and I like to think that most women want to follow this way. . .is to decide that you can't have your food and eat it too. . . or, rather, you can't have your money and eat expensive foods too. . In short this way is "to cooperate with the inevitable." And, to cooperate cheerfully. Decide what you can afford to spend for food and then decide to give your family the most nutritious, the most tempting, the most tasty meals possible. If you're a good cook. . .if you put into your cooking that cheerful cooperation. . .there's no reason why you can't serve just as varied, just as nutritious meals on a slim budget as you could on a fat one.

Our main dish today. . .Cheese Custard Squares. . .provides all the protein you need for a main dish. It also provides a dish that the family will like to look at as well as to eat. And. . .it costs only about ten cents per person.

Here's how it's accomplished. . .and I say accomplished advisedly because cooking economically is a real art. Place four slices of dry bread or toast in a greased baking dish. Sprinkle the bread with one-eight

of a pound. . .1/2 cupful. . .of shredded cheese. Cover each slice with a second slice of bread and sprinkle with another 1/2 cupful of shredded cheese. Slightly beat three eggs and to them add three cups of scalded milk. Season with one teaspoon salt, one-fourth teaspoon paprika, one-half teaspoon dry mustard and one-half teaspoon Worcestershire sauce. Pour this mixture over the cheese covered bread. Place the baking dish in a pan of hot water and bake in a moderate. . .about 325 degree. . .oven for about forty minutes or until custard is set. This recipe will serve four.

With your Cheese Custard Squares, tender green asparagus would be wonderful. In some sections of the country asparagus is now plentiful and consequently cheaper. But if you live where it is still sky high, cook some tender young onions. . .scallions. . .trimmed so that at least an inch of the green top is included. Try cooking these just as you would asparagus. Then to the menu add stewed tomatoes. . .the canned variety is inexpensive these days. Carrot and celery strips instead of a salad, spice cake for dessert. . .and you have a really art-full meal.

So. . .if you've taken that second way of beating the budget. . .the cheerfully cooperative way. . .you'll have the satisfaction of knowing you've contributed to the family's health as well as to the bank balance by today's wholesome, savory main dish.

Now a word about cheese. . .compare the prices of Cheddar cheese and what is known as processed cheese. The latter is really Cheddar, ground, heated until creamy and then molded. It's excellent, especially for sandwiches. But if the regular Cheddar is as inexpensive as the other, you may find its firmness more desirable for shredding and the like.

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Wednesday
June 30, 1948

ATTENTION: Women Broadcasters:

There's something about pork chops that makes every member of the family eager to get to the table. I know one woman who says pork chops act as a dinner bell in her home. . .the two children come running in half an hour before dinnertime. . .hover around, waiting expectantly. Her husband sniffs delightedly as he enters the house. . .and all the tired lines of the day vanish from his face.

These days few of us can afford the luxury of center loin chops. But we can have pork chops just the same. . .if we choose chops from the rib end. They're about twenty cents a pound less than the center loin chops in most stores. And they taste as good, look as good and are as good, for the protein contained in them is the same quality as that of the more expensive kind.

I have a delectable main dish to suggest today. But first a word of caution about cooking pork of any kind. . .be sure to cook it slowly until it's well done. . .and deliciously tender. . .for health's sake as well as for flavor.

Today's dinner starts off with pork chops. . .with an apple-raisin dressing to give a fruity flavor so good with pork. Ask your butcher to cut four thin chops from the rib end. . .that will be just about a pound for four persons and not very costly. Brown the chops on both sides. Make a dressing of one-third cup of apple sauce, one-fourth cup of raisins, one cup of soft bread crumbs, one-eighth teaspoon of cinnamon. . .and salt to taste. Place this dressing on top of the browned chops. Add one-fourth cup of water and cover closely. Bake in a moderate oven. . . 350 degrees Fahrenheit. . .30 minutes. . .until the meat is cooked thoroughly.

This is a meat stretching main dish that really has a stick-to-the-ribs quality. . .and, the memory of it will stay in the minds of the family too. It's virtually guaranteed they'll ask for a repeat on that one.

Best of all you won't feel you've stretched the budget to the breaking point. Raisins are inexpensive enough these days. And as for apple sauce . . .well the canned variety is downright cheap. In some stores a Number 2 can. . .two and a half cups. . .costs as little as ten cents. So the third of a cup used in today's main dish will actually cost less than two cents. Of course when fresh apples become plentiful they'll be as inexpensive but for the time being it's the canned apple sauce that's the real bargain in most markets.

Creamed new potatoes are a "natural" with the pork chop. . .their delicate flavor contrasting with the savory meat. Beets in your favorite way will add the just-right note. . .and a tossed green salad. For dessert how about a cherry cobbler? If you're in a community where the cherry season is in swing you can find bargains in the fresh fruit. If you're not. . .cobbler from canned cherries. . .or, fruit by itself. . .such as grapefruit segments garnished with slices of orange will round out the meal perfectly.

Going back to apple sauce for a minute. . .the experts at the United States Department of Agriculture pointed out the other day that for the first time since the war No. 303 cans are back on the market. These cans hold just two cups instead of the two and one-half of Number 2 cans. . . so it's well to remember that difference in content when comparing prices. And don't buy a number 303 can thinking it is a number 2. . .for you'll lose a half cup of food that way.

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Thursday
July 1, 1948

ATTENTION: Women Broadcasters

All the world loves a picnic. . .I suppose. But I sometimes wonder if any nation could out-picnic the U.S.A. And so it's little wonder that our very own patriotic holiday. . .that fourth day of July. . .finds most every American who can get there in the wide out-of-doors. . .the sky for his roof . . .and anything he can find for a table.

But what for the picnic basket? It has star billing. . .after all. And it's got to be chock-full of good things on this special holiday. Well, my suggestion is fried chicken. . .crispy brown the way everyone likes it. And fried chicken, my thrifty friends, will fit your budget this year. It costs less than many of the meats. . .delectable as it is. You'll probably find fryers for about half the price per pound of sirloin steak.

Now you can make a three-pound fryer feed six. It's all in the cutting up. And you'll need to cut the breast in two pieces. A fryer's a young chicken, you know. . .13 to 20 weeks old, weighing from two-and-a-half to three-and-a-half pounds when dressed. The larger chickens may be a bit less tender than the smaller ones. But the larger ones give you more for your money. Of course, if the chicken does need a little "tenderizing". . .you can finish it in a moderate oven after browning.

I've some notes here about the really best way to fry chicken. . . so if you want to take them down. . .get those pencils ready. But let's see first what to watch when we're shopping for a fryer. Choose a chicken that has a plump, wide body instead of a long, rangy one. The breast should be full and well-rounded. . .and the legs short and thick. And watch for those signs of age in the chicken you buy. . .hairs on the body, scales on legs, long dull claws on the feet, or rough neck. Birds like this really aren't fryers.

But now how to get the best brown goodness from your chicken. Cut the chicken into pieces suitable for serving. Shake pieces in a bag that contains seasoned flour. And save any excess flour for the gravy. Melt fat in a frying pan. . .enough for one-fourth inch of melted fat. When fat is hot but not smoking. . .add the chicken, putting the thickest pieces in first. But don't crowd. As soon as the chicken begins to brown, reduce the heat and cook slowly until tender. . .between 30 and 60 minutes, depending on the age of the bird and the size of the pieces. Cover the pan tightly as soon as the chicken is a light, uniform tan. When you're frying those heavier, less tender birds. . .add two tablespoons of water when the lid goes on.

Of course, one corner of your holiday picnic basket will have nutritious fresh vegetables. Include carrots, tomatoes, and lettuce on your shopping list. . .and then tuck into that basket crisp carrot strips. . .cool green lettuce. . .and red ripe tomatoes. It will be a vitamin-rich picnic if your fruit punch has tangy citrus fruit in it. . .and need I add that grapefruit and orange juices in the can come at a thrifty price right now.

Last but not least. . .the day's a success if it's ice cream for dessert. And in the spirit of the holiday. . .make it homemade peppermint stick ice cream for a treat that will make your picnicking family gurgle with delight. Expensive? Doesn't have to be! Buy some peppermint candy when you get the groceries. . .and use evaporated milk instead of the usual milk-cream combination. You'll save more than half on the milk this way.

There's your budget picnic. . .holiday style. It's American as the Fourth of July itself. . .because it emphasises thrift. For food thrift and patriotism go hand in hand these days.

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Friday
July 2, 1948

ATTENTION: Women Broadcasters

Those salty New England ancestors of ours. . .the fishermen among them, at any rate. . .would be a mighty startled lot if they were among us today. And I don't think anything would surprise them more than to find Americans hundreds of miles from Boston enjoying good old Boston cod. . .flavor-fresh as the sea. We'd tell them about modern quick freezing of course. . .and soon they'd understand. But they'd surely call today's homemaker a good deal more fortunate than the pioneer women who went before them.

Yes, womenfolks today can thank quick freezing for better food supplies . . .especially if they're inlanders. For the choice of fish at fish markets throughout the land is ever so much wider because of quick freezing. And for today's baked cod with tangy Sauce Supreme which we're suggesting. . . freezing enables many a housewife to prove that Boston just isn't the only land of the cod any more.

You can use frozen fish in any way you'd use fresh fish, you know. And fish will keep as long as it stays frozen solid. So keep it frozen 'till you're going to use it. . .by leaving in an unopened package in the freezing unit of your refrigerator. And never refreeze it. Once it thaws, it should be used immediately. You may. . .if you want. . .cook frozen fillets, steaks and dressed fish without thawing. But. . .if you do. . .be sure that the center is done. It's really better to thaw fish just before cooking. . .and the best place is right in the refrigerator. So you just move it out of the freezing unit. Of course, you can thaw at room temperature but you risk losing flavor that way.

But how about that baked cod? I have the recipe here. . .plus the recipe for the Sauce Supreme, tart with lemon juice. You can use fresh cod as well as frozen for the recipe. And I'd suggest one pound of cod steak if you're feeding four. The other ingredients are three tablespoons of fat, one

tablespoon of lemon juice, one tablespoon of onion, minced, salt and pepper, and three tablespoons of parsley, chopped. Cut the cod steak into serving size pieces. Then add lemon juice and onion to the melted fat. Coat each piece of fish with this mixture and place in a shallow pan. Bake in a moderate oven. . .350 degrees. . .for about 30 minutes. For more browning, you might place under the broiler. Sprinkle with chopped parsley. . .and serve with our flavorsome Sauce Supreme.

And how do you make this sauce? It's quite simple. Just mix four tablespoons of mayonnaise with two tablespoons of flour and one tablespoon of prepared mustard. Add salt to taste. . .one-fourth teaspoon of paprika . . .and one and a half cups of milk. Stir over a slow fire until sauce is smooth and creamy. Add one tablespoon of lemon juice and serve hot.

If you've been examining food prices you already know that fish is a good buy. Its price per pound is not only more thrifty than prices of many of the meat cuts. . .but steaks and fillets have very little waste. So today's baked cod rates high on thrift. . .as does the menu that goes with it. You can't miss on economy or good eating with creamed new potatoes. . .which are so plentiful. . .in a combination dish with fresh green peas. There's nothing better with fish than a crisp green salad. . .let's use cucumbers today. And the cottage pudding with fruit sauce for dessert can make use of berries. . .if they're plentiful. . .or canned or dried fruits.

* * *

Maybe you've not been serving fish often because you don't have many good fish recipes. . . Then, you'll want the new government booklet, "Money-Saving Main Dishes". . .for the appetizing and economical ways of cooking fish. . .and for the many other recipes. . . It costs you nothing. . . Just print your name and address on a penny post card, address it to Food Conservation, Washington 25, D. C. and the postman will bring your copy to you.

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Monday
July 5, 1948

ATTENTION: Women Broadcasters

Someone made a little study. . .not so long age. . .of what women really want in the way of information about homemaking. And guess what? They found that most women do want recipes. They want intriguing new dishes. . .or brand new twists to old ones. . .that make dinner time an event at their house. But they'd like to do all this the economical way.

Do they ask the impossible? No, they don't. And I've a recipe right here today to prove it. It's savory and delicious. . .this sausage surprise. And the meat that goes in it can't cost you more than 30 or 35 cents. . .in a recipe that feeds four. We call it sausage surprise. And it's a real Dutch treat. . .Dutch as tulip bulbs. It's meat rolled in biscuit dough and baked to a crusty brown. Then it's topped with rich cream gravy and served with tangy chilled sauerkraut. . .a summertime version of hot sauerkraut. And there's a thrifty vegetable to serve too. You'll find a large can of kraut on your grocer's shelf will be only about 15 cents.

And I'm not one to let the womenfolks down either. For the recipe's right here for this sausage surprise. I'll list the ingredients first. . . and then the directions. Ready? It's one cup of sifted flour, one and a half teaspoons of baking powder, one-third teaspoon salt, two tablespoons of shortening, three-eights cup of milk, and three-fourths pound of bulk sausage. Sift together the flour, baking powder and salt. Then cut in the shortening. Gradually add milk, stirring lightly with a fork until soft dough is formed. Use a lightly floured board and roll out thin enough to yield eight three-inch squares. Now shape the sausage into eight cylinder-shaped rolls and cook until slightly browned. Place them on the dough. . . roll up tightly and press together. Then place on a baking sheet and brush with milk. Bake in a hot oven. . .425 degrees. . .for 15 minutes. You'll have eight rolls when you're through. . .which means two for each person at

your table.

Have you noticed that sausage costs only about half as much a pound as some of the steaks and chops? You may want to buy enough for two meals and have griddle cakes and sausage for the second. . . And if you don't have a good collection of economy recipes for pork you'll surely want to send for your copy of the government's booklet "Money-Saving Main Dishes". Just print your name and address on a penny post card and address to FOOD CONSERVATION, Washington 25, D. C. It's free, you know.

Now one recipe might be enough for the day. But there's one more up my sleeve that fits right in to today's menu. This one's a dessert. . .after your very own heart. For who doesn't love banana desserts? And it's so quick-to-fix too. Instead of whipped cream, it uses low-cost evaporated milk and that's a boon to your budget, of course.

Well, the recipe's this simple. . .just whip a tall can of chilled evaporated milk, add one and a half cups of mashed bananas, and sugar and lemon juice to taste. And there's your banana cream whip. . .a wonderful dessert to serve with today's sausage surprise. And didn't I leave a gap in the menu? With the sausage and sauerkraut, how about a salad of plump prunes on lettuce? That makes your meal complete.

Be sure you're banana-wise when shopping for that banana dessert. You can use fully ripe ones in this cream whip. . .which means they are yellow flecked with brown. If you need some for cooking, you can use the yellow ones that aren't quite so ripe. And if you happen to get some green-tipped bananas, let them ripen before eating.

And now you have recipes for sausage surprise. . .and banana cream whip. I'd say I've done my duty. . .if it's true that women really do want recipes. . .good ones. . .and economical enough that you can have an independent attitude toward today's high food prices.

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Tuesday
July 6, 1948

ATTENTION: Women Broadcasters

Let's say you hear about a good meatless dish... .that cuts corners on food expense. You'd like to have it for dinner tonight. But there's a question in your mind. Can I really have a meatless meal. . .you ask. . . and not cheat the family nutrition-wise?

Well, you'll like the answer to that one. For, fact is, you can. You can have meatless meals and do your "bounden" duty for the family. You might get out your high school mathematics however. . .and do a little adding. . . just to be sure the meal comes out right. Because you do want to make it a hearty meal with all those food values the family ought to have. For instance, if the main dish isn't quite so protein-rich. . .have a dessert that's creamy with eggs or milk to make up for the missing protein. So it is a matter of addition. Add protein here. . .in one dish. . .if it isn't in another.

We'll do that kind of adding today, as a matter of fact. This Tuesday we can try a delightful eggplant dish. . .golden brown slices in a dish with tomatoes and flavorsome cheese. The eggplant's browned in crumbs. . .and the tomatoes and cheese in a spicy sauce. Though there's protein lacking. . . we'll make it up in the dessert. And that means a fluffy chocolate bread pudding that will enchant the family with its own goodness.

If you want recipes for other meatless dishes. . .savory, economical, and easy on your food budget. . .you'll find them in the new government recipe and menu booklet, "Money-Saving Main Dishes." It's yours, free. . . Just print your name and address on a penny post card and send to Food Conservation, Washington 25, D. C.

Now I'll tell you how to make the eggplant dish. . .which is an Italian version. Here's the recipe. It's one eggplant, one egg, one tablespoon of milk, one-half cup of bread crumbs, one onion, four tablespoons of drippings,

two cups of tomatoes with juice, one teaspoon of salt, and one cup of grated cheese. Peel the eggplant and cut in thin slices. Beat the egg and milk. . . dip slices of eggplant in the mixture. . .and then in the bread crumbs. Fry in drippings until golden brown and place in a baking dish. Brown onion in the drippings, add tomatoes, and salt. Then add two-thirds cup of cheese and pour the mixture over the eggplant. Sprinkle the remaining cheese and crumbs over top. Bake in a moderate oven. . .350 degrees. . .for 30 minutes or until the eggplant is tender. This recipe will serve four to six persons.

Now the bread pudding. . .that enriches our meal. . .is a soufflé type. And we make it fluffy with egg whites beaten stiffly. Fold in part of the whites and sweeten the rest for a perky meringue on top. And let's fill in those gaps between main dish and dessert with stuffed baked potatoes. . .piping hot. . .and a grapefruit salad.

Need I remind you. . .now. . .that you've saved money on dinner like this one. Eggplant is one of the plentiful vegetables. . .and though we've used cheese and eggs in our meal. . .we've dispensed with meat entirely. So you've a few pennies to pocket. . .that may go for meat tomorrow.

And what with our meat supplies smaller than last year you'll accomplish another good result this way. For if all the womenfolks had a meatless meal. . .say today or the next day. . .there'd be more meat to go 'round for the next tomorrow.

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Wednesday
July 7, 1948

ATTENTION: Women Broadcasters

We are sending this broadcast featuring mutton in a "Peace Plate" because this meat has been advertised at reasonable prices in various large cities throughout the country. However, your market may not offer mutton and the broadcast would then be unsuited for your city. We suggest that you check your market situation before using the release.

OFFICE FOR FOOD AND FEED CONSERVATION

If you would borrow the good eating ideas of another nation. . .better use the cooking methods that go with them. That's our advice for today. . . for we come with another thrift suggestion that features roast shoulder of mutton. . .which is just as British as Merrie England itself.

Mutton in some markets is selling for around 30 cents a pound. . .and that's a bargain buy as meats go. And it can be oh-so-good for your dinner table if you give it a little British treatment in the cooking. And first off. . .the British cooks would tell you to trim the mutton carefully. . . removing all but a thin layer of fat. For the fat has a more pronounced flavor, you know. Then they'd suggest skimming all the fat from the drippings before you make the gravy. That gives the gravy the flavor of meat instead of fat. Mutton then calls for a stuffing. . .the English would say. . .a savory stuffing zesty with sage or poultry seasoning, onion. . .and perhaps celery. Braising enters into the picture now. . .and that means you'll best cook mutton by browning and then cooking with a little water.

Last. . .but hardly least. . .these inhabitants of the world's most famous island would suggest a tart sauce for mutton. So we'll surely follow these rules in our recipe. If you haven't noted these sure-fire rules for mutton/ . . .I'll include them in our recipe for roast shoulder of mutton. For it's a British version. . .designed to make this economy meat buy a serving you'll put pridefully before the family.

Now. . .let's see. . .it's roast shoulder of mutton. Ready for the recipe? First, if you're serving four, make it two pounds of shoulder of mutton. With these two pounds then, you'll need two tablespoons of fat, two tablespoons of onion, two tablespoons of chopped carrot, one tablespoon parsley, salt and pepper, one cup of hot water, and one bay leaf. The ingredients don't include the stuffing. Now for your directions. Wipe the boned shoulder and trim off excess fat. Stuff with your favorite stuffing. Brown in fat. . .and then add onion, carrots, parsley, seasonings, water and bay leaf. Cover and cook in a slow oven. . .300 degrees. . .for about two hours or until tender. Then uncover the roast for the last half hour of cooking so it will brown. Remove fat from the stock. . .and add water to make one cup. Thicken slightly and cook. Add one tablespoon of chopped pickle and one tablespoon of lemon juice . . .for a tangy gravy that fills the bill for that tart sauce the British like.

I've a suggestion for the rest of your meal. With the mutton, you might l ve escalloped potatoes, beet greens in a dish with beets, crisp cole slaw, and a fruity dessert featuring several plentiful canned fruits. I'd say apple sauce with ruddy blue plums. . .for both the plums and apple sauce are on your grocer's list of good buys right now.

Your family may think they prefer lamb to mutton. But don't pass by this good buy until they've sampled your British ways with mutton. At the same time. . .the man of the family's sure to like your thrifty ways at the grocery store.

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Thursday
July 8, 1948

ATTENTION: Women Broadcasters

Money-Saving Food Plans

Note: You may want to check prices quoted in this release with prices in your local markets.

A woman I know. . .who happens to have a very prosperous husband. . . asked me to go to the grocery store with her the other day. And, I must say, I was quite surprised at the food buying she did. For I found her just as careful with her pennies as you or I.

As we headed for the meat counter I thought surely she'd be choosing a huge roast or a choice steak. Instead she asked for two veal hearts, at 35 cents a pound!

"You see," she confided, "I can get two meals out of these two veal hearts."

When I openly expressed surprise that she was not buying choicer cuts she actually snapped at me. "Don't you know," she said with feeling, "that unless we all band together. . .we women. . .and choose less expensive meats and plentiful foods that we're actually helping inflation along. I feel I'm doing my part to curb high prices if I choose less expensive things. . . and they're just as good nutritionally you know."

Of course, this woman is quite right. Veal hearts are wonderful and there are at least two good meals for four persons in two hearts. That would be about two pounds you see. For meal one, a heart fricassee, using thick center slices of the meat cooked in tomato juice. For the other, a savory summer stew made with the end slices and heart trimmings.

Thursday, July 8, 1948

The heart fricassee is easily made. Here's the recipe. Remove veins and arteries from the hearts, wash and wipe dry. Cut crosswise into half-inch slices. Coat slices with well-seasoned flour. Brown on both sides in fat. Add one cup of tomato juice, one-half cup of celery, one-fourth cup of sliced onions. Cover and simmer for about one and a half hours or until tender.

From this recipe you can count on about ten good slices of meat and one cup of meat trimmings. So your meat for two meals will cost you just 70 cents in all.

With your fricassee, an excellent vegetable would be potato puffs. For these you just mash potatoes, flavor them with onion juice or finely chopped chives and fold in some stiffly beaten egg whites. Brush the puff with fat and bake in a moderately hot oven (375°) for 30 minutes.

Potatoes, by the way, are an energy food. . .energy at lower cost than any other vegetable. They also provide vitamins and important minerals. Here's an important tip on storing potatoes. . .once you get them home, store them the right way. . .in a place that's cool and dark.

If you want new and exciting recipes for potatoes, as well as for many other things. . .send for the Department of Agriculture's new menu and recipe booklet, "Money-Saving Main Dishes." You can obtain a copy free if you print your name and address on a post card and send it to Food Conservation, Washington 25, D. C.

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Friday
July 9, 1948

ATTENTION: Women Broadcasters

In the Orient a mark of real appreciation for a dish is a loud smacking . . .the louder the smacking of the lips and the grunts of approval the more appreciative the eater.

In this country polite dictums forbid us to make noises of appreciation. But even in the most cultivated society it is customary to make some enthusiastic remark about an especially good dish. Sometimes guests at dinner make a point to go into the kitchen to compliment the cook on a particularly well-done dish. And. . .at home. . .in ways every woman understands. . . the family makes it plain enough when they like something very well.

Your entire family will express their pleasure at today's main dish. . . Baked Fish Fillets. Of course, if they're well behaved they'll not smack their lips or grunt their approval. But one of the children is sure to blurt out, "Gee, Mums, this is good." And your husband will show his satisfaction by asking for a second helping. You'll be proud you took the trouble to make this dish that costs so little. Fish fillets are among the most reasonable fish buys today. There's little or no waste to them. Here's today's recipe. . .cut one pound of fillets in serving-size pieces. Season with salt and pepper, sprinkle with the juice of one lemon and with a tablespoonful of chopped parsley. Dot with two tablespoons of fat and bake in a moderate oven for 30 minutes. Place two tomatoes, cut crosswise on a greased baking sheet. Sprinkle them with flour, salt and pepper and bake for ten minutes. Brown under the broiler if necessary just before serving.

With this super dish. . .serve oven fried potatoes. Just slice potatoes and coat the slices with fat. Put them in a greased pan and cook in the oven with the fish until they're brown. Turn them occasionally though so they'll be browned all over and cooked through.

Friday, July 9, 1948

A cabbage salad is a natural with this combination. And for dessert nothing's better than a fruit shortcake.

The fish I had in mind for our main dish, by the way, is rosefish. But your grocer may call it "ocean perch". . .or some other name. . .such as red perch or redfish. Whatever it's name it's a wonderful tasting fish. . . and one that's a real bargain right now.

A quick calculation tells me that the entire dinner. . .the baked fish fillets, grilled tomatoes, oven browned potatoes, cabbage salad, and fruit shortcake. . .is a very economical one.

Good eating for little money. . .I'd say!

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCASTE USE ONLY
Suggested for Monday
July 12, 1948

ATTENTION: Women Broadcasters

Ho hum. This is the season of the summer doldrums and the homemaker's job is the same old tune. . .we've got to cut down on the food bills. Oh well, probably spaghetti and meat patties will do it. Wait a minute. Spaghetti. . .YES. But why not try fixing it a new and different way. The one I'm going to tell you about is just as economical. . .maybe even more so than the same old way.

I'm quite excited about this spaghetti dish. It was worked out by nutritionists at the United States Department of Agriculture. It's new in flavor. . .new in appearance with its border of whole onions. . .and new in the tang of its tomato sauce too.

Here's how to make your spaghetti-oven dinner. . .Cook one and one-half cups of spaghetti in one quart of rapidly boiling water. . .salted water by the way. . .two teaspoons of salt to one quart of water. . .cook it for about ten minutes. Then drain it. Combine the cooked spaghetti with one cup diced cooked lamb and cover it with this luscious tomato sauce. Here's the how of the sauce. . .brown two tablespoons of onion in two tablespoons of salad oil. Blend in two tablespoons flour, add two and one-half cups of tomato juice. Stir until thickened. Simmer a few minutes after tossing in six cloves and one bay leaf and some salt, pepper and celery seed if desired. Now then have you got your spaghetti, and diced lamb in a casserole? All right. Now pour over it this tomato sauce and border the dish with twelve small, whole cooked onions. Sprinkle with one-fourth cup grated cheese. Bake in a moderate oven for twenty minutes.

Monday, July 12, 1948

With this golden casserole fresh peas would be excellent. And while I'm on the subject of peas. . .be sure to choose those that are in well-filled pods, not flat ones. You can judge freshness and just-rightness in peas by the color of the pods too. These should be bright green and brittle enough to snap. Discolored, yellowish pods should be avoided. Keep fresh peas cold. . .in your refrigerator. . .and never shell them until you're ready to use them. A pound of well-filled pods yields about a cup of shelled peas. One cup serves about two persons. And. . .here's a tip. . .don't overlook frozen peas when their price compares favorably with fresh ones. A safe price comparison is this. . .12 ounces of frozen peas in a package equal about two pounds of peas in the pod. And, it goes without saying the frozen variety is so much easier to handle. . .no shelling. . .and they're just as vitamin-filled as the fresh variety.

With your spaghetti-oven dinner and fresh peas. . .serve a tossed green salad. And if you live where watermelon is already plentiful and seasonal and consequently economical, make it watermelon for a grand finale to an excellent low-cost dinner.

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Tuesday
July 13, 1948

ATTENTION: Women Broadcasters

Here's a delicious combination for a meatless dish. Listen. . .even the sound of these ingredients has an appetizing appeal. . .the tang of cheese, the yellow goodness of corn and the fluffiness of beaten egg whites.

Economical meatless meals are easier to plan these warm days. . .because appetities are lagging anyway. . .and something light but nutritious is more than welcome.

Today's main dish. . .meatless, and inexpensive. . .is Cheese Corn Fluff and here's how it's made. Use one number two can of cream style corn or, three-fourths cup fresh corn cut from the cob. Mix one-fourth cup of flour, two teaspoons of sugar, one-half teaspoon of salt, one-fourth teaspoon of dry mustard with one-half cup of cold milk. Add the beaten yolks of three eggs, three tablespoons of melted fat, and one-fourth pound of American cheese, grated. Fold in the stiffly-beaten whites of those three eggs. Bake in a moderate oven in a pan of water about one hour or until firm. This makes four generous servings.

The fruit salad I recommend to go with this is a surprise one because it has some thin slices of onion between slices of orange and tomato. Now let's line up our complete menu. . .Cheese Corn Fluff, New Cabbage, Parslied Carrots, Fruit Surprise Salad, Blackberry Tart.

Here's a word to remember about corn. Naturally. . .it goes without saying. . .the entire family loves corn on the cob. Be sure to look for sweet or field corn. Yes, there's an early maturing variety of field corn that makes good eating. In fact, young sweet corn may be just as tender as the sweet variety buy of course it lacks the sweeter taste. Avoid corn with dry, yellowed or straw-colored husks. Kernels may be white, creamy or yellow, depending on the variety. The way to judge age is by the husks.

Tuesday, July 13, 1948

By the way, I think we've mentioned this before but just in case some of you haven't heard about it yet, you'll find many recipes for meatless main dishes in "Money-Saving Main Dishes." That's the booklet which the Department of Agriculture will send you free of charge. Already more than four million copies have been distributed. If you haven't sent for your copy just drop a card to the Office for Food Conservation, Washington 25, D. C. There's a chapter devoted to inexpensive meat dishes too. . .main dishes that stretch the meat and make your food dollar go farther

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Wednesday
July 14, 1948

ATTENTION: Women Broadcasters

When you go to the yard goods department you finger over various bolts of cloth before you make your final decision. You compare the quality of one against the other. . .you compare the prices and you decide which one you'll take in terms of quality, price, need.

Many women are doing the same sort of thing in the butcher shops these days. And it's a wise thing to do too. You can save so much money at the meat counter if you compare. For instance you can buy pork shoulder steaks for about 20 cents less a pound than center-cut loin chops. These savory steaks from the economy cut are just as good eating and just as nutritious. Here's a delicious recipe for savory pork steaks the whole family will enjoy. Cut pork shoulder steak into serving-size pieces. Dip in milk, then in seasoned crumbs. Brown on both sides in a little fat. Add four onions cut in half and cover. Cook over low heat for 30 minutes or until meat is tender. Turn so that steaks will cook evenly.

There's a main dish that won't make your budget go out of line. All right. Now let's figure out the rest of a low-cost menu. How about browned potatoes, baked onions, cole slaw and jellied rhubarb?

Rhubarb fashioned into this dessert is something the family will want repeated as often as you can make it. Here's how it's done. Soak one tablespoon gelatin in one-fourth cup of cold water for five minutes. Add one cup of sugar and one-half cup of water to one and one-half pints of cut rhubarb and cook this for five minutes. Drain the hot syrup over the gelatin, stir until dissolved, strain, cool until the consistency of heavy syrup.

Wednesday, July 14, 1948

Cut orange segments from one large orange. . .or use canned orange segments. . .and remove seeds. . .if you choose a fresh orange. Rinse individual molds in cold water. Place orange segments, rhubarb mixed with 1 teaspoon grated orange rind in molds, cover with the gelatin mixture, chill. Serve this with a thin custard sauce if you like. Or, it will stand alone.

Now for a few economy tips. Those pork steaks I mentioned come from the butt end of the shoulder. You see, that's the part left after the picnic shoulder has been cut off. The butt may be cut in slices . . . blade steaks. Or, your meat dealer may cut out the blade bone and make a rolled butt roast.

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Thursday
July 15, 1948

ATTENTION: Women Broadcasters

Money-Saving Food Plans

A woman in a western state recently wrote to the Department of Agriculture: "I love your booklet, 'Money-Saving Main Dishes.' Since using the recipes I don't feel I'm serving money. . .or eating money any more."

Well, lots of women feel just that way. . .that they're literally eating money these days. Wise women who do the major portion of their food buying over weekends have learned to close their eyes to the expensive cuts of meat and to choose instead protein-rich inexpensive cuts.

One excellent buy is tongue. . .beef tongue. You can get it for around 42 cents a pound and a four-pound tongue will serve a family of four for four meals. So your main dishes for four meals would come to just a little over ten cents a serving. Not bad in these inflation-ridden times. A four-pound tongue gives you 28 good slices and a cup of trimmings.

For the first meal serve savory spiced tongue. . .in thin slices. With it. . .how about hashed browned new potatoes and greens. . .or, perhaps cabbage?

At meal number two. . .which we'll assume will be an ideal day. . .I mean ideally hot day. . .serve cold slices of tongue plus a hearty potato salad. . .and one hot vegetable such as green peas or broccoli.

Meal number three might be a jellied tongue main dish with hard-cooked egg. Another fine hot weather dish served with new potatoes, perhaps made golden brown with a cheese dressing.

For a fourth hot day meal. . .use that cup of trimmings. . .in a superb potato salad with hard-cooked eggs.

Thursday, July 15, 1948

To spice a smoked tongue for that first meal wash it first. . .soak it for several hours. Drain and cover with fresh water. Add one bay leaves, twelve whole cloves, one sliced onion and one tablespoon of lemon rind. Cook until tender. Cool the tongue in the liquid in which it was cooked. Then remove it and take off the skin and the small bones.

And here's a recipe for that jellied tongue. Soak one tablespoon of unflavored gelatin in one-fourth cup cold water for five minutes. Dissolve in seven-eights cup boiling water. Cool. Now beat in 2 tablespoons mayonnaise, one tablespoon horseradish, salt and pepper and one-half tablespoon prepared mustard. Chill until slightly thickened. Fold in two tablespoons of chopped sour pickle, one cup chopped cooked tongue and one chopped hard-cooked egg. Chill until firm. Unmold and slice.

Potatoes, one of the best buys right now, are moderately priced because they are so plentiful. And. . .this is something else every woman loves about potatoes these warm days. . .they're easy to prepare. Potato salad, creamed potatoes. . .or. . .boiled in their jackets and then rolled into grated cheese and broiled for a golden brownness. . .name any way and it's the right way for potatoes. There are, by the way, several excellent new potato recipes in that new booklet, "Money-Saving Main Dishes." If you haven't sent for your free copy. . .just drop a card. . .print your name and address on it. . .and address it to Food Conservation, Washington 25, D. C.

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Friday
July 16, 1948

ATTENTION: Women Broadcasters

It's true that there's nothing really new under the sun. Even atomic energy. . .the theory of it was propounded by a philosopher in the year 400 BC. But anyway some things seem now to us. Maybe even some wife of a Neanderthal man once made the dish I have in mind. But anyway it's new to me. . .and I think it will be to you. It's called fish birds and it is as good a main dish as you can find for a small price today.

Surround it with plentiful potatoes, beets, and lettuce. And add apple sauce for dessert. . .apple sauce from our abundant canned supplies or made with fresh apples if they aren't too costly in your market.

Here's how to make our interesting, nutritious fish birds. . .cut one pound of fresh fillets into serving-size pieces. Season well with salt and pepper. Place your favorite stuffing on each piece and roll the fish around the stuffing fastening with toothpicks. Place the fish birds in a well-greased baking pan and brush each one with fat. Bake in a moderate oven for about 30 minutes and now. . .here's the best part. . .serve it with pickle sauce. Ever hear of pickle sauce? Well it's delicious. . . and made in a jiffy. Just add to one cup of white sauce, one finely chopped dill pickle and two chopped hard-cooked eggs. There.

Let's see now. The entire menu. . .fish birds, creamed new potatoes, sweet-sour beets, garden lettuce with herbs chopped into its French dressing. For dessert. . .gingerbread and apple sauce. You can get a good gingerbread mix if you're trying to save a bit of time.

Friday, July 16, 1948

Oh, by the way, those creamed new potatoes. . .be vitamin-wise. . . don't lose vitamin content. . .by peeling them. Cook them in their jackets . . .and then remove their jackets just before creaming them. If you're the peeler-beforehand type be sure you don't use much water. The more water you use the more nutrients you lose. Almost rhymes doesn't it?

Cooking to keep vitamins in potatoes is important. And if you have to choose between methods of cooking, just remember that baking potatoes is a good way to save vitamins but you'll lose even less vitamins from boiling. . .as long a s they go into the pot with their jackets on.

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Monday
July 19, 1948

ATTENTION: Women Broadcasters

When is a left-over meal appreciated by your family? Never! . . .did I hear you say? You're right. . .when you just serve some old left-over in some same old way. It's like feeling poor even though you are.

You know, if you feel rich. . .in health and in friends and in the capacity for enjoying simple things, then you are rich. If you serve a left-over in some new and sprightly and imaginitive way no one even thinks of it as a left-over. Only your budget knows the difference. . .and believe me there is a difference in that! For instance, today's suggestion for a main dish. . .Yankee Meat Squares. . .will be oh-so-easy on your budget. . . but oh-so-good to the taste. You can choose less expensive cuts of lamb or veal or beef. And you can whip up this left-over dish so even you will scarcely remember ever having seen that meat at all. You use cubed meat for this recipe, not ground. Here's the simple way it's made. . .add two well-beaten eggs to three cups of dry bread cubes. . .cubes it is, not crumbs. Now add one to one and one-fourth cups of seasoned meat broth. Pour half the mixture in a greased pan, one of those 7 by 5 by 2 pans. Add a layer of meat. . .one cup of your good left-over meat cut into cubes. And then cover with the remainder of the bread mixture. Bake in a moderate oven for 20 to 30 minutes. Cut into squares. This recipe, so savory and tangy, serves four persons!

Your complete menu. . .Yankee Meat Squares. . .creamed lima beans, tomatoes, radishes, little green onions, carrots. And for dessert. . .now's the time to bring whooplas of joy from the family with a fruit shortcake. It needn't be strawberry. It can be instead a golden shortcake topped with puree of cooked dried apricots.

Monday, July 19, 1948

Did you know. . .shelled lima beans should be kept in a refrigerator until used for they mold quite easily. Three pounds of beans in the pod yield one pound shelled. So if unshelled beans are 15 cents and the shelled variety are 45 cents they cost about the same. The shelled beans are a good buy for they save time. But be sure and look them over carefully when you choose these. . .look for signs of mold.

Yes, yankee meat squares are a budget dish. And there are so many, many different ways of making the things you can buy on a limited budget taste like the purchases from a fat purse! For about 150 ways to accomplish this, there's "Money-Saving Main Dishes," a booklet put out by top nutritionists at the United States Department of Agriculture. It's free. All you need do is print your name and address on a card and address the card to Food Conservation, Washington 25, D. C.

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Tuesday
July 20, 1948

ATTENTION: Women Broadcasters

Why is it that we look forward with so much pleasure to a visit to the country. . .especially if it's dinner at someone's house in the country. Well, one reason no doubt is that most country women use fresh things. . . fresh eggs. . .fresh butter. . .fresh cottage cheese. And somehow those big kitchens seem to be more alluring, don't they, than most of our two-by-fours in town.

I think of one of those good dinners in the country when I think of today's main dish. It has country freshness. And it has another very important virture too. It's inexpensive. It combines two plentiful foods. And when foods are plentiful, that is, when they are in season and there's an abundant crop of them, they are, of course, less expensive than scarce items.

This main dish we'll call cottage cheese potato salad. It combines these two favorites. . .and inexpensive favorites at that. . .cottage cheese and potatoes. Here's how you toss it together. Chill two cups of cooked, diced potatoes. Add one-half cup thinly sliced celery, one tablespoon chopped pickle, two tablespoons minced onion, salt and pepper and one-half cup of cooked salad dressing. Now add that wonderful cottage cheese. . .one cup of it. . .made tangy by salt and pepper and perhaps chopped chives if you like. Chill the dish and serve on lettuce cups or in a big salad bowl.

Of course it goes without saying that when your main dish is a cold one you must have at least one hot vegetable. So. . .here's my suggestion. . . broccoli. And. . .because you want a bit more than just the potato salad for the main dish. . .deviled eggs are your answer. For a touch of color as well as lots of nutrient, sliced tomatoes. . .and then that dessert so applauded by young and old alike. . .cup cakes with chocolate sauce.

And by the way, speaking of chocolate, do you know the difference between chocolate and cocoa? Of course, I hear you exclaim. Well. . .yes, I know you know they're both from the cocoa bean. But did you know that chocolate contains more cocoa butter which adds to its richness? Mixtures of chocolate and cocoa can be found now in powdered form. Cocoa butter is of course costly so those chocolate squares or the blend of chocolate and cocoa are both more costly than plain cocoa.

So. . .a word to the wise! Use cocoa when you don't need the added fat that chocolate gives. It's just one of the ways to save a little money . . .to make the food budget STRETCH.

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE FOR FOOD AND FEED CONSERVATION
CONSUMER ACTIVITIES DIVISION
WASHINGTON 25, D. C.

FOR BROADCAST USE ONLY
Suggested for Wednesday
July 21, 1948

ATTENTION: Women Broadcasters

Some dinners are nice to come home to. Others aren't. But dinners which tired husbands can anticipate aren't impossible to create. . .even in these days of high food prices. It's a good argument. . .that the dinner you'd like to fix your family just can't be if it's to fit your food budget. But I know even better arguments to say "it just isn't so." For there are low-cost main dishes. . .nutritionally sound and good to eat too. . .and I'm not without an example today to prove my point.

Today's main dish is a French one. . .blanquette of veal, it's called. It's a savory, tangy stew. . .the very thought of it makes me hungry right now. You use breast of veal for it. . .and that's not expensive at all. It's only about 30 cents a pound in most stores. Here's how to make your blanquette of veal. Trim excess fat from two pounds of breast of veal. And cut the lean meat into two-inch squares. Cover with two cups of water and cook for one and one half hours. Now add eight small white onions, eight small new potatoes, two cloves, salt and pepper. Cook until the vegetables are tender, about twenty minutes. Add one cup of shelled peas for the last fifteen minutes of cooking. Serve the meat with this tangy lemon-flavored sauce. . . two tablespoons melted fat blended with two tablespoons of flour, gradually added to two cups of meat stock. Cook and stir until thickened. Now add the yolk of one egg and the juice of one lemon. Pour this delicious sauce over the stew and sprinkle it with chopped parsley, at least four sprigs of the parsley.

With your French stew how about another favorite. . .this one a typically American favorite. . .corn on cob! Yes, and cole slaw. For dessert what could be better than watermelon, chilled just enough?

How can you tell whether or not a watermelon is ripe enough and not too ripe? The oldsters will smile patronizingly at you and say. . . ."By the thumping method of course. If you thump it and a hollow sound is the result then you know it's ripe." Oh, but that's not always true. Yes, it probably is ripe. . .but is it too ripe? The only sure-fire way is the plugging method, say home economists. . .a small piece cut out. Plugging shows you whether the inside is crisp and free from fibers. But if you've a small family. . .it's wise to buy a watermelon cut in half or a quarter anyway. For watermelons have better flavor if eaten soon after they're cut.